MRS. C. H.

LEONARD'S

COOK BOOK

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Mrs. C. H. Leonard's Cook Book

COMPILED BY

MRS. C. H. LEONARD

AND

MRS. W. H. WHITTIER

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Mrs. C. H. Leonard may very properly be styled one of those olden time wives and mothers who personally superintends and much of the time actually selects and prepares the food for her family.

That she does her work well is testified to by the fact that her family has been successful; her husband, Mr. C. H. Leonard, continuing after fifty years of exacting work to be the active head of the largest refrigerator manufacturing business in the world.

These recipes were developed and assembled thru times of economy as well as plenty, therefore they supply every need of the average American family.

Wives and mothers who want to be sure of serving good wholesome food, but who haven't the facilities or time to count the calories, will find this book an invaluable aid.

Mrs. W. H. Whittier, daughter of Mrs. Leonard, is associate author.

The Publishers.

KITCHEN TIME TABLE

Giving Time Required for Cooking Meats, Vegetables, Etc.

Time required for

BAKING

Beans, 8 to 10 hours.
Beef, sirloin, rare, per lb., 8 to 10 min.
" " well done, per lb., 12 to 15 min.
" rolled rib or rump, per lb., 12 to 15 min.
" long or short fillet, 20 to 30 min.
Bread, brick loaf, 40 to 60 min.
Biscuit, 10 to 20 min.
Cake, plain, 20 to 40 min.
" sponge, 45 to 60 min.
Chickens, 3 to 4 lbs. weight, 1 to 2 hours.
Cookies, 10 to 15 min.
Custards, 30 to 40 min.
Duck, tame, 40 to 60 min.
Fish, 6 to 8 lbs., 1 hour.
Gingerbread, 20 to 30 min.
Graham Gems, 30 min.
Halibut, 4 to 6 lbs., 1 hour.
Lamb, well done, per lb., 15 min.
Meat, braised, 3 to 4 hours.
Mutton, rare, per lb., 10 min.
" well done, per lb., 15 min.
Pie Crust, 30 to 40 min.
Pork, well done, per lb., 30 min.
Potatoes, 45 to 60 min.
Pudding, Bread, Rice and Tapioca, 1 hour.
" Plum, 2 to 3 hours.
Rolls, 10 to 15 min.
Turkey, 10 lbs., 3 hours.
Veal, well done, per lb., 20 min.

BOILING

Asparagus, 20 min. to ½ hour.
Bass, per lb. 10 min.
Beans, shell, 1 to 2 hours.
" string, 3 hours.
Beef, 3 to 4 hours.
Beets, young, 45 to 60 min.
Blue Fish, per lb., 10 min.
Brown Bread, 4 hours.
Cabbage, young, 30 to 45 min.
Carrots, 45 to 60 min.
Cauliflower, 30 to 45 min.
Celery, 30 to 45 min.
Chickens, 1 to 3 hrs.
Clams, 3 to 5 min.
Cod, per lb., 6 min.
Coffee, 3 to 5 min.

Time required for

BOILING—Continued

Corn, green, 5 to 8 min.
Corned Beef, 4 to 5 hours.
Eggs, 3 to 5 min.
Eggs, hard boiled, 10 to 20 min.
Fowls, 2 to 3 hours.
Haddock, per lb., 6 min.
Halibut, per lb., 15 min.
Ham, 5 hours.
Hominy, 1 to 2 hours.
Lamb, 1 hour.
Macaroni, 20 to 30 min.
Oatmeal, 1 to 2 hours.
Onions, 30 to 45 min.
Oysters, 3 min.
Oyster Plant, 30 to 60 min.
Parsnips, 30 to 45 min.
Peas, 15 to 20 min.
Potatoes, 20 to 30 min.
Rice, 15 to 20 min.
Salmon, per lb., 15 min.
Small Fish, per lb., 6 min.
Smoked Tongue, 3 to 4 hours.
Spinach, 20 to 30 min.
Squash, 30 min. to 1 hour.
Sweetbreads, 20 to 30 min.
Tomatoes, 15 to 20 min.
Turkey, 3 to 4 hours.
Turnips, 30 to 45 min.
Veal, 2 to 3 hours.
Wheat, 1 to 2 hours.
Winter Vegetables, 1 to 2 hours.

BROILING

Chicken, 20 min.
Chops, 8 min.
Steak, 1 inch thick, 4 to 6 min.
" 1½ inch thick, 6 to 8 min.
Fish, small, thin, 5 to 8 min.
" thick, 12 to 15 min.

FRYING

Bacon, 3 to 5 min.
Breaded Chops, 4 to 6 min.
Croquettes, 1 to 3 min.
Doughnuts, 3 to 5 min.
Fish Balls, 1 min.
Fritters, 3 to 5 min.
Muffins, 3 to 5 min.
Slices of Fish, 4 to 6 min.
Small Fish, 1 to 3 min.
Smelts, 1 min.

SOUPS

RULE TO THICKEN SOUPS, GRAVIES OR CREAM SAUCE

Allow 1 tablespoon of flour to 1 cup of liquid. There are two ways to add flour to liquid and have smooth results.

No. 1. Place enough flour in dry bowl and add a very little water to make a smooth paste. Add more water gradually until like cream. Add to the hot liquid and let boil up once.

No. 2. One tablespoon of butter, 1 tablespoon of flour to each cup of liquid. Melt butter, rub in flour and add liquid, cold. Stir over fire until smooth. Add seasoning when done.

SOUP STOCK

Use 1 quart water to each lb. of meat and bones (beef, veal or chicken); cut in small pieces, cover closely and let it simmer 3 or 4 hours. Put no salt in the water; do not skim it; strain through a cloth and place where it will cool rapidly; when cold take off the grease. This may be made in quantities, kept in a Leonard Refrigerator for weeks, and soup made easily at any time.

STOCK FROM BOILED MEAT

Good soup can be made from the broth left from boiled beef for family use.

CLARIFIED SOUP STOCK

To 1 quart of stock use white of 1 egg and the shell; stir in when cold; let it come to a boil; strain through a towel laid in a colander.

QUICK SOUP STOCK

FOR SOUP AND GRAVIES.

Put chopped raw meat into cold water and simmer a half hour. Strain, thicken, put in a little cooked rice or vegetables that happen to be on hand. Season to taste.

BOUILLON

One lb. of round of beef to 1 pint water, put meat in a porcelain or granite iron kettle, cover with cold water, salt it, simmer gently 10 hours. Skim carefully several times. Take out the meat and strain liquor through cheese cloth. Pour it into an

earthen dish, set away. In the morning take off the grease and strain. Seasoning for 1 gallon: 1 onion, 2 stalks celery, 2 sprigs parsley, 2 thyme, 2 summer savory, 2 bay leaves, 6 whole cloves, salt and pepper. Boil 20 minutes, strain.

JULIENNE SOUP

Take a little of each of the vegetables desired, say beets, carrots, onions, turnips and celery. They should be cut into small, fancy shapes with vegetable cutters and stewed until tender in a little water. Each vegetable should be stewed in a separate dish and all turned into the hot clarified soup stock. Season to taste with salt and pepper. A teaspoon of Worcester sauce will add to the flavor.

CONSOMME

Same as Julienne, except that the vegetables are strained out of the soup through a napkin. The soup should be perfectly clear and of a bright yellow color.

TURKISH SOUP

One quart stock, ½ cup rice, yolks of 2 eggs, 1 tablespoon cream, 1 teaspoon salt, ½ teaspoon pepper, a little chopped parsley. Boil the rice in 4 quarts water till soft, melt the stock and rub the rice through a sieve into it; cook till smooth; beat yolks, add cream to them. Take soup from fire and add everything.

VERMICELLI SOUP

One quart clarified soup stock; boil and add 2 oz. vermicelli; let boil 10 minutes and it is ready to serve. Macaroni, if used instead of vermicelli, should be boiled 20 minutes in salt water before adding it to the soup.

MUTTON BROTH

Boil 1 lb. lean mutton in 1 quart water; when very tender take out, strain the water, add a tablespoon rice or barley previously soaked in a little warm water, simmer until thoroughly cooked; stir often, season to taste; add ½ cup milk, simmer again, and serve hot.

PEA SOUP

One tablespoon of butter or drippings in the kettle, cut in 1 good sized onion, let it fry till about cooked, add about 2 quarts of water, ½ pint of split yellow dried peas; let stay on top of stove till peas are done. It will take nearly 4 hours to simmer it, then put through colander, thicken with a bit of flour, season with butter, pepper and salt and chopped parsley if liked.

CREAM OF ASPARAGUS

One bunch or 1 can of asparagus, (leave out tips) cooked with 1 quart of hot water 20 minutes. Mash through a sieve. 1 tablespoon of butter cooked with 1 tablespoon of flour and 2 cups of hot milk or stock. Season with pepper and salt, add asparagus water and 1 cup of hot cream. Add asparagus tips cooked. After taking from fire add one beaten egg.

CELERY SOUP, No. 1

Stew the tops of a head of celery in a little salted water, strain and add to hot, thickened soup stock; season to taste.

CELERY SOUP, No. 2

One head of celery, 1 pint of water, 1 pint of milk, 1 tablespoon chopped onion, 1 tablespoon butter, 1 tablespoon flour, ½ teaspoon pepper and salt; cut celery into inch pieces, boil soft in the water, then mash in the water; cook the onion in the milk 10 minutes; add to the water; put all through the colander and put to boil again; cook butter and flour together until smooth, but not brown, and stir into the boiling soup; add the salt and pepper, boil 5 minutes and serve hot. It is improved by putting some whipped cream in each dish when serving, also some small squares of toasted bread called croutons. Excellent.

CREAM OF TOMATO SOUP

One quart can of tomatoes, 1 pint of water, 1 quart milk. Put water on the tomatoes and cook 10 minutes. Add ½ teaspoonful of soda. Grate a teaspoon of onion juice and add to soup. Have the milk boiling hot thickened with a little flour, seasoned with butter, 1 teaspoon of sugar, salt and pepper to taste. Put milk in hot soup tureen and strain the hot tomatoes through a sieve into the milk.

CREAM OF RICE SOUP.

One quart of chicken stock (beef stock will do), ½ teacup rice, 1 pint cream or milk, a small onion, a stalk of celery, salt and pepper to taste. Wash rice carefully and cook ½ hour; then add to it the stock with the onion and celery and cook slowly ½ hour, or until the rice is very soft. Put through a sieve; add seasoning and the milk or cream, which has been allowed to come just to a boil. If milk alone is used put in a tablespoonful of butter.

CREAM OF SPINACH SOUP

One quart spinach leaves, 1 pint stock, add 1 cup hot cream, 2 tablespoons flour, 1 of butter, 1 slice onion, 1 sprig parsley, salt and pepper to taste, a dash of cayenne. Cook the spinach, chop and rub through a sieve into the soup; after it has been thickened add onion juice and chopped parsley or cook onion in stock and strain out.

CORN SOUP, No. 1

One can sweet corn, 1 pint boiling water, 1 pint milk, 2 tablespoons butter rolled in 1 tablespoon flour, 1 egg, pepper and salt. Drain the corn and chop very fine, put it in a double milk boiler, pour on it the boiling water and cook 20 minutes, rub through a colander to take out all the husks. Return it to the fire, season with salt and pepper, and boil gently for 3 minutes, then stir in the butter and flour. Have ready the boiling milk, mix with the beaten egg and pour all into the soup, simmer 1 minute, stirring all the while. Add 1 cup whipped cream if wished. (See No. 52)

CORN SOUP, No. 2

One can of yellow Bantam corn, rubbed thru a sieve leaving the hulls. Add to the corn twice its amount of top milk. If it seems too thick add more milk. Add small piece of butter, 1 teaspoon sugar, a little salt and pepper. Heat thoroughly, serve in bouillon cups.

KORNLET SOUP

One can Kornlet as per recipe on can, using ½ of the amount of thickening and add a little grated onion juice.

CREAM OF POTATO SOUP

Four or five potatoes cooked in 1 quart hot water. 1 tablespoon of butter cooked with 1 tablespoon of flour and 2 cups of hot milk, season with salt, pepper, celery salt and a little onion juice. Add potato water and the potatoes rubbed thru a sieve.

QUEEN SOUP

To 1 quart chicken or veal soup stock add 1 cup chopped white meat of chicken or veal (cooked), the yolks of 2 hard-boiled eggs powdered fine, ½ cup powdered cracker moistened with milk or cream, stir all together with the soup stock and add 1 pint of hot milk or cream. Use white pepper and salt to season. A little celery or grating of onion may be added.

BEAN SOUP

One and one-half cups white beans soaked in 2 quarts cold water over night. In the morning simmer 4 hours, adding enough boiling water to make 2½ pints. Mash beans thru a sieve, add 1 cup of hot milk or cream, and 1 tablespoon butter and 1 tablespoon flour cooked together—a grating of onion and salt and pepper to taste.

CARAMEL

COLORING FOR SOUPS, SAUCES, GRAVIES.

One cup of sugar and 2 teaspoons water in a saucepan over fire; stir constantly until of a dark color, then add ½ cup hot water and a pinch of salt; let it boil a few minutes; when cold, bottle. Use only enough to color as desired, or use beef cubes, or a teaspoonful from bottle of kitchen bouquet.

NOODLES FOR SOUP

To 1 egg add as much sifted flour as it will absorb, with a little salt; rollout thin, dredge with flour, cut into squares or strips, let dry half a day and drop into the soup stock; the noodles will cook in 15 or 20 minutes.

CROUTONS

Cut slices of stale bread into small squares, toast them or fry in hot lard till brown. Skim out, drain and put in the soup tureen before serving the soup.

TOMATO BISQUE

One quart tomatoes strained, pinch soda, 1 tablespoon onion juice, 1 tablespoon butter, 1 tablespoon flour. Cook butter and flour together and stir into the hot milk. Heat the tomatoes, if canned, or cook if raw, add celery tops if convenient; rub thru a sieve and add soda and pour into the hot milk. Add salt and pepper.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

OYSTERS

RAW OYSTERS

Allow 6 large oysters to each person. Serve very cold on a plate with slices of lemon, salt, pepper and horseradish.

OYSTER SOUP

To 1 quart boiling water add 1 quart rich sweet milk. (Use milk entirely if desired.) Stir in ¼ teacup rolled cracker crumbs; Season with pepper and salt. When it comes to a boil add 1 quart oysters and their liquor. Stir well to keep from scorching. Add butter size of an egg, let it boil up once, remove from fire and serve immediately.

DRY STEW

Cook oysters in their own liquor add a little water, season with salt, pepper, butter—serve hot.

CREAMED OYSTERS

One pint cream, 1 quart oysters, small piece of onion, 1 heaping tablespoon flour, 1 tablespoon butter, salt and pepper to taste. Melt butter, add flour—add cream, let come to a boil. Let the oysters come to a boil in their own liquor, drain thru a colander. Put the oysters into the cream. Serve in little dishes or one large dish with bread crumbs on top; put into the oven and brown, or serve in pattyshells or on toasted bread.

CREAMED OYSTERS

One pint cream, 1 quart oysters, small piece of onion, 1 heaping tablespoon flour, 1 tablespoon butter, salt and pepper to taste. Melt butter, add flour—add cream, let come to a boil, season. Let the oysters come to a boil in their own liquor, drain through a colander. Put the oysters into the cream. Serve in little dishes or one large dish with bread crumbs on top; put into the over and brown. Or serve in patty-shells or on toasted bread.

OYSTER COCKTAIL

For ½ dozen persons mix together 3 teaspoons each of vinegar, grated horse radish and tomato catsup, 6 teaspoons lemon juice and 1 of Tobasco sauce if liked. Have small oysters very cold, mix sauce and pour over; do not let stand more than ½ hour; serve in a cocktail glass placed upon a small plate with oyster fork and small spoon at each plate.

OYSTERS ON TOAST

Toast as many slices of bread as are needed, place them on tins and on top of toast put nice large oysters; season with pepper and salt and bits of butter (pour over them the liquor of oysters if wished); cover all with tins and bake. Bake no longer than necessary to have oysters done as are liked by all.

ESCALLOPED OYSTERS

Get large oysters, bake in layers of crumbs of bread or crackers, moistened with the oyster liquor and cream, salt and pepper and put bits of butter on, too. Have the last layer of the crumbs. It is best to bake in a shallow dish with only 2 layers of oysters. Bake 20 minutes to ½ hour.

OYSTER BOUILLON

One pint oysters chopped fine and their liquor, add 1 pint milk, ¼ teaspoon salt and a dash of celery-salt and pepper. Cook five minutes, add a little whipped cream to each cup.

FRIED OYSTERS

Drain the oysters. Roll each one first in cracker crumbs, then in egg mixed with a little milk, and seasoned with salt and pepper, then again the crackers crumbs. Use first the crumbs, as the egg will not otherwise adhere well to the oysters. Place them in a wire basket and immerse in smoking hot fat. As soon as they are a light brown color, drain and serve immediately on a napkin with a garnish of parsley and lemon. Tartar sauce is an excellent addition to fried oysters.

ROASTED OYSTERS

Wash the shells well with a brush and cold water. Place them in a pan with the deep half of shell down. Put them into a hot oven and bake until the shell opens. Remove the top shell carefully so as not to lose the liquor. Arrange them on plates, and on each oyster place a piece of butter and a little salt and pepper.

OYSTER FRITTERS

Chop 30 oysters. Make a batter of 2 beaten eggs, ½ pint of milk, a scant pint of flour, 1 scant teaspoon of baking powder and salt to taste. Stir the oysters into the batter, drop this by the spoonful into deep, boiling fat. As they brown turn as one does doughnuts. Drain on paper. Serve hot with mashed potato and a cabbage salad.

CLAMS

STEAMED CLAMS IN SHELLS

Scrub shells thoroughly with brush. Put shells in large kettle with just enough water to cover bottom. Cover and cook till shells open and serve on plate with dish of melted butter. Serve them very hot.

CLAM BOUILLON

Same as Oyster Bouillon.

CLAM CHOWDER

Steam 50 clams in shells till they open, save the juice for the chowder. Cut into pieces. Fry some slices of salt pork crisp in an iron pot, take out and chop fine, leaving the fat. Put a layer of clams into the fat, then a layer of split crackers, then fine bits of the pork, some thick slices of peeled potatoes, some chopped onions and pepper, then another layer of clams and repeat the other ingredients. Cover with boiling clam juice and water and cook ½ hour. Skim it out into the dish it is to be served in. Add a cup of milk to liquid and thicken with flour. Boil up and pour over the chowder.

ADDITIONAL RECIPES.

ADDITIONAL RECIPES.

LOBSTERS

HOW TO SERVE PLAIN BOILED LOBSTER

Split open the body and tail and crack the claws to extract the meat. The sand pouch found near the throat should be removed. Be careful that none of the tough feathery particles found under the shell get mixed with the meat, as they are indigestible. Serve on a platter. Lettuce and other things for making a salad should be at hand.

DEVILED LOBSTER

One can lobster, 2/3 pint cream, 1 tablespoon butter, 2 small tablespoons flour, ½ small tablespoon mustard, a little red pepper. Salt and pepper to taste. Thicken cream, stir all together, cover with bread crumbs and bake 20 minutes.

LOBSTER CHOPS

Melt 1 tablespoonful butter in a small saucepan, add 1 fine chopped onion and 1 crushed clove of garlic, and cook till onion is done; then add 1 tablespoonful flour, stir a few minutes; add 1 cup of boiling water with 1 teaspoonful beef extract; season with ½ teaspoonful pepper, ½ teaspoonful English mustard, 1 teaspoonful fine chopped parsley, and a little cayenne pepper; cook and stir 5 minutes, add 1 pint finely cut cooked lobster meat and ½ cupful fine cut mushrooms, and cook 10 minutes, stirring often; next add the yolks of 2 eggs and 1 whole egg, stir for 2 minutes over the fire; then spread the mixture on a flat dish, set it aside and when cold form the preparation into round balls, roll in bread crumbs, dip in beaten eggs and roll again in bread crumbs, form into chops, and fry in hot fat or lard to a golden color. Drain them on blotting paper, put a lobster claw into each chop, and serve with friend parsley and tartar sauce.

LOBSTER A LA NEWBURGH

Two and one-half cups canned lobster cut in small pieces. Put in pan with 2 tablespoons butter a little salt add 1 cup cream and the beaten yolks of 3 eggs, cook till thickened. Add ½ cup sherry if desired. Pour over toast or croutons.

Lobster Salad—(See Salads).

FISH

STEAMED FISH

Lay fish on plate, rub salt over fish, put in steamer and steam from ½ to 1 hour, according to the size of fish. Serve with drawn butter gravy or other sauce as liked. (See Gravies).

BAKED FISH

Rub over inside and out with salt and some pepper, put in baking pan with slices of onion on top and around fish. Add water enough to keep from burning. Baste frequently. Fish may be stuffed before baking if wished. (See Dressings).

BROILED FISH

Grease broiler, place fish skin side down on broiler after it is split (or boned), season with salt and pepper and spread with butter and cook under flame 10 to 20 minutes.

FRIED FISH

Cut up in pieces, roll in flour, meal and salt mixed and fry in a hot frying pan with lard, or lard and butter, and cook 10 to 20 minutes; or if preferred, plunge in hot lard and cook like doughnuts. Cook brown, turn once.

FISH TURBOT

One pint milk, 1 pint cream, 4 tablespoons flour, 1 cup bread crumbs, 4 or 5 lbs. of fish, (whitefish or trout). Boil the fish and take out all the bones. Thicken the milk and cream with the flour, grate in a little onion, season with salt and pepper. Let the sauce cool. Put a layer of the sauce in a greased baking dish, then a layer of fish. Put last layer of sauce with bread crumbs on top. Bake about 1 hour.

FISH CHOWDER

Fresh cod makes the best chowder, although common lake fish may be used. Cut into 2-inch pieces. Fry some slices of

salt pork crisp in an iron pot, take out and chop fine, leaving the fat. Put a layer of fish into the fat, then a layer of split crackers, then fine bits of the pork, some thick slices of peeled potatoes, some chopped onions and pepper, then another layer of fish and repeat the other ingredients. Cover with boiling water and cook ½ hour. Skim it out into the dish it is to be served in. Thicken the gravy with flour, add a little catsup, boil up and pour over the chowder.

A GOOD WAY TO SERVE CANNED SALMON

Turn out upon a plate, keeping as whole as possible; steam till hot, turn upon a hot platter, garnish with hard boiled eggs, sliced, and slices of lemon and parsley. Serve with drawn butter sauce with hard boiled eggs chopped in it, and a little lemon juice.

HOT SALMON LOAF

One quart can salmon, ½ cup rolled crackers, 1 tablespoon butter, 3 well beaten eggs, salt and pepper; steam 1 hour; cover with a rich, drawn butter gravy, with a can of mushrooms cooked in gravy, or served without gravy.

TIMBALES OF SALMON

One can salmon, 2 tablespoons cream, whites of 4 eggs; mash up salmon, add 10 tablespoons milk, and 6 tablespoons of dry and rolled bread crumbs; and add whites of the eggs stiffly beaten the last thing. Put in timbale mold, buttered, and place them in a dripping pan and surround them with hot water half way up and poach in oven 20 minutes. Serve with drawn buttered sauce. It is good flavored with lemon juice.

PLANKED FISH

Procure an oak or hickory plank the size of your oven and an inch and a half or two inches thick. Soft woods will give an unpleasant taste to the fish. Heat the plank and then paint over with butter or oil and lay the fish skin down and tack to the plank with a few tacks. Make a dressing of 2 tablespoonfuls of butter, ½ teaspoonful of salt and a little cayenne pepper; add to this after the butter is melted the juice of a half a large lemon. Paint over the fish with this sauce and put

it into the oven and cook for 35 or 40 minutes until a golden brown. Remove from the oven and garnish the board with white crepe paper and thin slices of lemon and parsley. Serve on the plank, or put mashed potato around fish or parsley as wished.

SALT MACKEREL

Freshen by placing in a pan of cold water, skin side up, over night. Before bedtime change the water, and rinse in the morning. Boil about 5 minutes in a frying pan; take up carefully in a platter; have ready a cup of cream or milk with a spoon of butter, hot, and pour over the fish, or bake it in milk or cream a few minutes.

DEVILED FISH

One pint fish picked fine (any cold cooked fresh fish will do), 1 pint milk, 1 cup bread crumbs, salt and pepper to taste and a little onion if liked and a pinch of cayenne pepper, 2 eggs. Mix the bread crumbs with the milk and eggs; put in a baking dish in layer with bits of butter and the seasoning upon each layer, bake 30 minutes till a nice brown, or bake or steam in cups. Canned salmon is fine to use.

CODFISH

CREAMED CODFISH OR CODFISH GRAVY.

One cup of salt codfish picked into small pieces, cover in a stew pan with cold water, let it get hot then simmer (not boil) about 5 minutes, then drain in a strainer and keep there till gravy is made. 2 cups milk thickened with 2 tablespoons flour, 1 tablespoon butter, a few dashes of pepper, then add the codfish, boil up once, take from fire and stir in quickly 1 beaten egg. Serve with either baked or boiled potatoes.

CODFISH BALLS, No. 1

Mash twice as much boiled potatoes as boiled salt codfish, mash both thoroughly; if a pint of codfish is used, add 2 tablespoons butter and 2 beaten eggs; beat altogether and make into round cakes and fry brown. If they are fried in the grease of fat salt pork they taste better than when lard is used.

MARY'S FISH BALLS

Two lbs. codfish, cover with cold water and set on stove where it will keep hot, but will not boil, for 2 hours; change the water once; then remove the skin and bones and boil with 12 good sized potatoes; when potatoes are done, pour off the water and mash all together, then make into balls; sprinkle a little flour over them and fry brown in a spider with piece butter as large as an egg; add more butter if necessary

GRAVY FOR FISH BALLS

Piece butter the size of an egg, 1 tablespoon flour, ½ pint boiling water; boil a few minutes and add 3 hard boiled eggs, sliced.

BAKED CODFISH

One teacup codfish picked fine, freshened in cold water; 2 teacups mashed potatoes, 1 pint milk, 2 eggs well beaten, butter the size of an egg, little pepper, mix well, bake ½ hour.

CODFISH HASH

Chop fine some boiled codfish with twice as much boiled potatoes; season to taste; add a little cream or butter and milk to moisten it and fry like meat hash, taking care not to make too moist.

CODFISH AND DRAWN BUTTER GRAVY

Take a good sized piece salt codfish and soak over night. Simmer or steam it nearly 2 hours to be real tender. Place upon a hot platter and serve with a good drawn butter gravy. Serve with either boiled or baked potatoes. The next morning, mash the codfish that is left, fine; then add the potatoes mashed, then the gravy. Add 1 beaten egg and moisten sufficiently with cream. Fry on one side 'till a nice brown, then brown the other side under the gas blaze or turn carefully and fry on the other side. This makes a good breakfast dish.

FROGS' LEGS, No. 1

Skin as soon as possible. The hind legs are the only parts used. Fry a delicate brown in butter, season with a little salt and pepper.

FROGS' LEGS, No. 2

Roll in white of egg, then in crumbs and fry in deep hot lard.

FROGS' LEGS, No. 3

Dip in batter as for fritters and fry in hot deep lard

GAME

ROAST DUCK

Draw, clean wipe dry, cut off wings at second joint. Stuff as for chicken or put in 3 cranberries and sprinkle with salt and pepper inside and out. Put in baking pan in very hot oven with a little water in pan. Bake 1 to 1½ hours according to age. (If very tough steam awhile before baking). Make gravy out of the giblets, add water duck is baked in and thicken with flour. Baste duck while roasting often. Serve with jellies or any tart sauce.

SQUABS OR PIGEONS

Prepared and roasted or broiled same as chickens.

QUAILS

Rinse well, steam till tender. Dredge with flour, cover with butter, season with salt and pepper. Roast 15 minutes.

PARTRIDGES

Prepare and cover breasts with thin slices of bacon. Put in pan with a little water and butter. After baking ¼ hour remove bacon and cover with bread crumbs, then bake till brown.

BREASTS OF PARTRIDGES

Stewed same as fricasseed chicken

RABBITS

Clean, and cut into joints and soak in salt and water ½ hour. Cover with cold water, add a grated onion and salt and pepper. Simmer till tender. Take out rabbit, put in dish to keep warm. Thicken gravy with flour after adding 1 cup cream or milk, 1 tablespoon butter and 2 well beaten eggs and boil up once, and add a little lemon juice.

SQUIRRELS

Same as rabbits.

VENISON STEAK OR CHOPS

Heat ½ cup butter to cover bottom of frying pan. Rub the steak over with a little flour, salt and pepper. Fry quickly, like steak, not well done. Make gravy by adding a little water and flour to the butter in pan adding 1 tablespoon of currant jelly if wished.

ROAST VENISON

Cut salt pork in strips and lay over top of roast. Roast in very hot oven till done medium rare. Baste often, thicken gravy. Serve with currant jelly

POULTRY

ROAST TURKEY

Singe it. Draw it, being careful not to break the intestines. Cut oil pot from tail. Wash the inside of the turkey with several waters; adding baking soda, 1 teaspoonful to the last water. Wipe dry inside and out with a clean cloth. Rub the inside with salt and stuff the breast and body with dressing (see dressing). Sew up the turkey with a strong thread and tie the legs and wings to the body, or instead of sewing up stuffed fowls, use toothpicks and lace up with string. Take out picks and string will fall off. Dredge with flour, sprinkle with salt and pepper. Place in a roasting pan with 2 cups of boiling water. Baste often.

Roast 3 or 4 hours, when pierced by a fork and the liquid runs out clear, the turkey is done. If the turkey is old, steam a couple of hours before roasting, then roast enough to brown.

GRAVY FOR TURKEY

Put heart, liver (cutting off gall) and gizzard in boiling water, simmer till tender, then put thru a chopper, saving the water. Add chopped giblets and water to the water left in roasting pan. Thicken with flour.

ROAST CHICKEN

Prepare and stuff as for turkey. Steam until tender if old, season with salt and pepper, place in a hot oven and roast until brown. Baste frequently with the water which was used for steaming. Make gravy of the same, as for other roast meats.

FRICASSEED CHICKEN

Cut up and cover with boiling water and cook till tender. Just before it is done season with salt and pepper; then take out the chicken and thicken with flour stirred in a little cold water till free from lumps. Cook till well done and pour over the chicken, adding steamed dumplings or halves of biscuits. The chicken is improved if it is fried a delicate brown before returning to the gravy. After it is cooked do not cover it tightly.

BROILED CHICKEN

Take young chickens, after cleaning split in halves, spread upon the broiler, place under the blaze, sear one side, salt and pepper to taste, turn over and do the same upon the other side, cook till done. Place upon a hot platter, garnish with parsley

SPRING CHICKENS OR BROILERS

Split in half, singe, and after thoroughly cleaning and wiping dry, dredge with flour. Put in pan with butter and a little water and roast till tender; basting frequently. If only one broiler is needed, put in frying pan and cover and steam till nearly done; then take off cover and cook till water is gone and fry in the butter a nice brown.

CHICKEN PIE

Cut up and stew till tender, seasoning it, a large fowl or use left over chicken after taking out bones, pick the meat in pieces size wished. Thicken the liquid with flour and pour over chicken in baking dish. Make a rich baking powder biscuit cut small and place on top. Bake ½ hour or add biscuits on top that have been baked separately.

PRESSED CHICKEN

Boil the chicken till meat falls from the bones, salt just before done. Take bones out, cut up fine, put in pan. Turn the liquor it was boiled in with 1 teaspoonful of gelatin dissolved, over the chicken. To garnish chicken when ready to mold, put in layers of hard boiled eggs between layers of chicken. The eggs will not turn dark if thrown into cold water immediately after boiling.

CREAMED CHICKEN

Two and one-half lbs. of chicken, 1 lb. sweet breads, 2 small tablespoons flour, 1 can French mushrooms, 2/3 pint of cream, butter size of an egg, pepper and salt to taste (black and red pepper). Boil chickens the day before using, cut it up the same as for salad, using the skin if not too fat. Soak the sweet breads 1 hour in cold salted water, then put in boiling water and boil 20 minutes, then throw into cold water and let stand

till cold. Put on cream in double boiler, then when hot thicken with the butter and flour rubbed together. Cut mushrooms up into dice, also the sweet breads; mix chicken, sweet breads and mushrooms together; pour the sauce over and stir all together. Put in a greased baker, cover with crumbs and bake ½ hour. Scatter bits of butter over top before baking. May substitute hard boiled eggs for sweet breads.

CHICKEN A LA KING

(Waldorf Style)

Melt 2 tablespoons butter in blazer or frying pan, add ½ green pepper chopped fine, and a cup of fresh mushroom caps, peeled and broken in pieces; stir and cook 3 or 4 minutes, add 2 level tablespoons flour and ½ teaspoon salt and cook till frothy; then add 1 pint cream and stir till sauce thickens. Set over hot water and let stand. Add 3 cups of cooked chicken, cut in cubes, cover and let stand to become very hot. In the meanwhile cream ¼ cup butter, beat into it the yolks of 3 eggs, 1 teaspoon lemon juice and ½ teaspoon of paprika. Stir this mixture into the hot chicken and continue stirring till egg thickens a little. Serve on toast.

JELLIED CHICKEN

Two cups cooked chicken. 1½ cups broth which has had grease removed. Green pepper chopped, parsley, pimento, onions cooked in broth. 3 hard boiled eggs. 2 teaspoons gelatin. Slice eggs crosswise. Put gelatin in broth, put eggs in bottom of mould, then chicken and broth. Then repeat until all is used. Serve with lettuce and mayonnaise, as salad

WARNING

Never cover cooked chicken or creamed chicken tightly as it forms a deadly poison.

MEATS

TIME FOR ROASTING MEATS, ETC.

Most persons like roast beef and mutton underdone, and less time is required for them than for veal or lamb. Allow 15 minutes to the lb. for beef and mutton, and 15 minutes longer. For pork, veal, lamb or turkey allow 20 minutes to the lb. and 20 minutes longer. Never put meats or chickens in cold water to clean them. Wipe them with damp cloth or sponge and rub salt and a little pepper over them.

BEEF ROAST

Wipe the meat with damp cloth, season, place in roasting pan and sear over under gas blaze or brown over in a very hot oven. Then add a little hot water around the meat, salt and pepper the meat to taste. Baste the meat by dipping the water from around the roast with a large spoon every 10 minutes. Add hot water as often as it dries away. (See gravies).

YORKSHIRE PUDDING FOR ROAST BEEF

1 pint milk, 4 eggs beaten very lightly, pinch of salt, 1 cup flour, mix flour and milk together, add salt and then the eggs, pour into a small baking pan, bake ¾ of an hour. Cut in pieces and lay around the roast.

BROILED BEEFSTEAK

Season well with pepper and place on a broiler under a gas blaze or over hot coals. Turn every 4 minutes and broil until cooked to suit the taste. A medium slice takes 15 to 20 minutes. Season with salt and butter when done.

BEEFSTEAK FRIED

It is said that steak should never be fried, but it is not always convenient to broil it. The following always tastes well: Cut up the fat and suet cut off from steak, put in the pan and fry out the fat, when smoking hot put in the steak, when browned

on one side turn over and sprinkle with salt and pepper. Cook until about 2/3 done, put on a hot platter; put a very little hot water in the pan, salt a little, stir, and pour round the steak, or cut the suet from steak and melt in pan and when smoking hot fry the steak in it.

BEEFSTEAK AND ONIONS

Prepare the steak in the usual way. Have ready in a frying pan a few onions cut in slices and fried brown in beef drippings or butter. Put the steak on a hot platter and put the onions thickly upon the top of the steak. Cover and let it stand about 5 minutes, then send to table hot.

BEEFSTEAK AND MUSHROOMS

One slice of sirloin 1½ in. thick, 1 can French button mushrooms, 1 cup soup stock. Broil the steak, place upon a hot platter and pour over it the gravy. Gravy—Put soup stock in a saucepan, thicken with 1 tablespoon flour stirred into 1 tablespoon of melted butter. Stir in the drained mushrooms. Boil up till mushrooms are heated through. Season with salt and pepper and Worcestershire sauce and brown with caramel coloring, or kitchen bouquet.

FILLET OF BEEF

Into the bottom of dripping pan put 1 small onion sliced, 1 small carrot sliced, a stalk of celery cut in pieces, 4 cloves, 2 bay leaves. Put meat upon these ingredients; dredge with pepper, spread thickly with butter; add 1 teaspoon salt to ¼ cup of water and pour into pan. Bake in hot oven 30 minutes. Baste with water from the bottom of the pan 4 or 5 times. Take up meat; add to pan 1 tablespoon of butter and brown; 2 tablespoons flour, 1 pint of hot water, boil up and strain into frying pan; add 1 pint of mushrooms and cook 5 minutes. Take from fire and add a little Worcestershire sauce, if liked, and pour around the meat.

POT ROAST OF BEEF

Take as many pounds as wished for roast of round or shoulder (3 lbs. or so). Brown in a little hot lard in frying pan; place in kettle, cover with boiling water, add 1 onion sliced and 1 tomato if wished, salt and pepper and kitchen bouquet. Simmer till tender. Take out and thicken the gravy.

STEWED BEEF SHANK

(CHEAP BUT GOOD)

One beef shank (upper part) cover with hot water; simmer till meat falls from bones. Season with onion juice, salt and pepper when half done. Thicken a part or whole of liquid and serve with pieces of shank in gravy. Part of the liquid may be saved for soup. The meat can be used for hash or meat pie

PLAIN HASH

Take 1 pint cold cooked beef chopped fine, 1 pint chopped cold cooked potatoes, season well with butter, salt and pepper. Moisten with milk or water and fry about 10 minutes, stirring frequently. Serve with catsup

BEEF PIE

Make same as chicken pie

MEAT HASH ON TOAST

Take the remains of any kind of meat that are tender, remove all bones and fat and mince fine with a tablespoon or two of celery or without (celery is the best with chicken or turkey); put it in a pan with a little water to moisten; heat thoroughly, season with a little butter, salt and pepper. Put this on slices of toasted bread, buttered.

BEEF LOAF

Same as Veal Loaf.

POT PIE

Boil any kind of meat in plenty of boiling water for gravy, season with salt and pepper when nearly done. Steam dumplings ½ hour before meat is ready. Put dumplings in a deep platter and turn meat and the thickened gravy over them.

BEEFSTEAK WITH ONIONS

Prepare steak in the usual way. Have ready some onions sliced, fried brown in beef drippings or butter. Dish the steak on hot platter, put onions over top, cover and let stand 5 minutes.

For gravy, see Gravies

"BEEFSTEAK SMOTHERED IN ONIONS"

Cut 1 dozen onions into slices, fry a quarter pound of salt pork or bacon until all the fat is fried out, then take out the crackling; into this hot fat put the onions, fry and stir for twenty minutes over a good fire, then add a teaspoonful of salt, a dash of black pepper, and one cup of boiling water. Place over a moderate fire to simmer for ½ hour. By this time the water should have entirely evaporated and the onions should be a nice brown. Have ready a broiled steak, place it in the pan with the onions, cover it over the top with some of them, and stand in oven for 5 minutes. Then place the steak on a hot dish, heap the onions over and around, and serve

HAMBURG STEAK

One lb. chopped round steak, ½ cup dry finely ground bread crumbs, 1 egg, 1 cup of milk, or possibly a little more if not moist enough, 1 teaspoon salt and grated onion. Mix well and drop a tablespoonful in a place, into hot buttered frying pan or use hot melted beef suet. Fry quickly on one side till a crust is formed, and turn with a broad knife and fry upon the other side. Do not let them fry long or they'll be dry. Serve on hot platter immediately

STEAK A LA HUNGARY

Take 1 lb. Hamburg steak, put 1 egg and ½ cup soft bread crumbs, a small onion grated, pepper and salt. Stir all together, and form it into a roll. In a saucepan with tight fitting cover, put sliced onion fried brown in butter, then the meat roll surrounded with sliced or canned tomatoes, cover and simmer gently so as not to break the roll for 30 minutes

CREAMED DRIED BEEF

See creamed codfish, make the same, using small pieces of chipped beef.

BEEF TONGUE

Wash a fresh tongue, simmer in boiling water till it can be easily pierced with a fork. Salt to taste. Set away to cool, then peel before using.

BEEF HEART

Wash, cut out ventricles, soak in cold water till blood is out, stuff if wished with dressing as for turkey. Roast an hour or so very slowly, thicken the gravy and serve with currant jelly. Good sliced cold.

BOILED DINNER

Put the corned beef in a large kettle of cold water early in the morning; boil and if it is very salty change the water; if intended for a twelve o'clock dinner, put in at ten o'clock a piece of sale pork, if liked, 1 to 2 lbs; at the same time wash beets very carefully and put them in; at eleven o'clock peel and cut into three or four pieces some turnips; divide a cabbage in four parts lengthwise; boil ½ hour and then put in some good sized peeled potatoes. Beets will not injure the other vegetables if the skin is not broken or roots cut off; it is generally best to boil them separately. When they are done, take them up, peel them; take up the cabbage, drain it well and put in a vegetable dish. Serve the rest in separate dishes as there is hardly any platter large enough to hold all. Serve with horse-radish or some kind of bottled sauce

VEGETABLE HASH

Take a piece of the corned beef left from the boiled dinner, some of the beets, turnips and potatoes, and chop them all up and mix together, season to taste, and put in a frying pan with some butter and a little water and cook thoroughly. Serve with catsup.

CORNED BEEF HASH

Take equal quantities of cold corned beef and cold boiled potatoes, 1 pint of each chopped fine, moisten with 1 cupful sweet cream; season with salt and pepper to taste. Put into a frying pan with 1 tablespoon butter. Stir over the fire about 8 minutes; do not let it burn. Then turn into a dripping pan, spread smoothly and leave in the oven about ½ hour. When it is ready to serve, fold like an omelette and turn into hot dish. Garnish with parsley and poached eggs, if desired. Sauce to serve with the hash.

Tartar Sauce—Yolks of 2 raw eggs; ½ cupful of olive oil, juice of 1 lemon; 1 tablespoon vinegar, 1 tablespoon grated onion, a pinch of cayenne pepper, 1 cupful whipped cream, 1 tablespoon capers, 1 tablespoon of chopped cucumber pickles. Beat the yolks and dry ingredients until very light and thick; set in a bowl of ice water while beating; add a few drops of the oil at a time until the dressing becomes very thick; then add a little vinegar. When the last of the oil and vinegar has been added, it should be very thick; then add lemon juice and whipped cream. Add the chopped ingredients the last thing; place on ice till ready to use. Corned beef cold, sliced makes a good luncheon dish.

TURKISH PILAF

Cook 1 cup rice in 3 cups water in double boiler until tender, the minute it is done take cover off and let steam escape. Put on platter with hollow in center, add prepared meat. 1 cup meat cut in dice 1 cup strained tomatoes seasoned highly with salt, pepper, a little grated onion and small piece of butter.

FRIED TRIPE

If pickled when bought, soak in warm water to get out the vinegar; if tough, parboil it. Press the water out between two plates dip in flour and fry in a hot pan with a little butter or lard until brown. For an invalid it should be fried without the flour and with as little butter as possible and not fried brown.

ROAST VEAL

Treat same as beef. Place a dressing of bread crumbs in one end of the pan ½ hour before roast is done. Make the dressing same as in the recipe for turkey dressing, omitting the sage if wished.

ROAST VEAL WITH PORK

Take a roasting piece of veal, slash it across every little ways, say 1 or 2 inches apart, and put in the gashes thin slices of salt pork. Place a dressing of bread crumbs in one end of pan in which the veal is roasted, ½ hour before roast is done. Make dressing same as for stuffing turkeys.

VEAL CUTLETS FRIED

Dip the veal cutlets into the beaten whites of 2 eggs, then into bread or cracker crumbs. Fry in hot lard.

VEAL CHOPS OR STEAKS

Fry a few slices of salt pork and then fry chops in the fat. Serve with the pork.

VEAL WITH DUMPLINGS

Get a knuckle of veal, put in stew kettle, nearly cover with boiling water and simmer slowly till tender. Season with salt when nearly done. Take out the liquor and thicken with flour to make the gravy, season with pepper; add dumplings to the gravy poured around the meat in a large deep platter.

The Dumplings—Make a good baking powder biscuit cut out the same, place in a perforated pie-tin, put in a steamer and put it over a kettle of boiling water and steam 20 to 30 minutes. Do this in time to be served with the stewed veal.

VEAL BIRDS No. 1

Slices of loin of veal about 1 inch thick, remove the skin, bone and fat. Pound till ¼ inch thick. Cut into slices 2½ inches by 4 inches. Chop the trimmings fine, add 1 square inch salt fat pork to each square of veal. Add ½ as much cracker crumbs as meat. Season with salt and pepper, lemon juice, onion juice and a very little cayenne pepper. Moisten with 1 egg and a little hot water. Spread the mixture on the slices of veal nearly to the edge. Roll and fasten, either by tying or with skewers. Dredge with salt, pepper and flour. Fry till brown in hot butter. Cover with hot cream (or cream and milk) and simmer very slowly for 20 minutes. Serve on toasted bread. Thicken the cream with a little flour and pour over the bread.

VEAL BIRDS No. 2

Take slices of veal ¾ inch thick and 4 inches square. Roll them up with pieces of bacon around them. Season and roast in oven.

VEAL LOAF

Three lbs. veal (raw) chopped fine and 1 lb. pork, 6 butter crackers rolled fine, 2 beaten eggs, salt, pepper and a little sage. Mix well together, put in a greased baking pan and baste occasionally while cooking. Bake 2 hours.

FRIED CALVES' LIVER

Take a few slices of bacon cut thin, fry till crisp. Take slices of the liver, roll in flour before frying, and put into the hot bacon fat and fry long enough to suit the taste. Pepper slightly. Do not salt as the bacon salts it sufficiently. Place upon a hot platter with bacon upon it.

SWEET BREADS

(To prepare)

Wash thoroughly, put into boiling water, cook 20 minutes. Throw into ice water for ½ hour or less. Carefully remove the skin with a silver fruit knife. Then they are ready to use for frying, croquettes, creamed, chicken, etc.

FRIED SWEET BREADS

After they have been prepared, dip into egg and bread crumbs and fry in deep lard. Garnish with slices of lemon and parsley.

CREAMED SWEET BREADS

Cut in small pieces, make white sauce (see gravies), season with a little nutmeg and kitchen bouquet, salt and pepper. Put sweet breads in dish or individual dishes with the sauce, putting bread crumbs on top. Bake brown.

BRESLAU OF VEAL

One pint cold cooked meat chopped, yolks of 3 eggs, ½ cup bread crumbs, 1 cup milk, ½ cup of stock or water, 2 tablespoons butter, 1 of chopped parsley, 1 teaspoon salt, ¼ pepper, mix all well together, put into greased cups or molds, place in a tin with hot water half way up, bake ½ hour. Take out of molds and serve with sauce.

Sauce—One tablespoon butter, 1 tablespoon flour, 1 cup tomato juice. Melt the butter in a sauce pan, take it from the fire and stir in the flour, then add the tomato juice, cook till well thickened, then add salt and pepper.

ROAST LAMB

Same as beef. Serve with mint sauce

MINT SAUCE.

One tablespoon chopped fresh mint; pour over a little hot water, steep a minute or two; take from stove and add ½ teacup vinegar, 2 tablespoons sugar; serve cold; let stand 2 or 3 hours before using.

DELICIOUS WAY TO ROAST LAMB

Parboil a leg of lamb with 6 small onions in hot water. Then put in the oven to roast, scatter the onions over and around it. Put a part of the water it was boiled in around the roast, salt and pepper to taste. Baste with the remainder of the water.

BROWN BREAST OF LAMB

Wipe and trim the meat, cover with boiling water, simmer until tender. When done, slip out the bones and press under a plate till next day. Brush with beaten egg, sprinkle thickly with crumbs, to one cupful of which 1 teaspoon of melted butter has been added and well mixed through. Set in a quick oven till well browned, and serve with horseradish sauce. In a saucepan put 3 teaspoons of fine bread crumbs, 4 tablespoons of fresh grated horseradish, a pinch of salt and stand over hot water to heat. In a separate sauce pan scald 2 tablespoons cream, add a tiny pinch of baking soda and mix with the other ingredients before serving.

BREAST OF LAMB

Cut in square or diamond shape, pieces suitable size to serve. Boil in very little water until the bones can easily be removed, and those pieces that are too thick can be split. Season well, roll in crumbs, and fry a light brown. Garnish with fried potatoes and parsley. A very nice luncheon meat

LAMB CHOPS

They may be either broiled or fried in hot lard.
For gravy (see gravies).

LAMB OR MUTTON STEW

Lamb or mutton may be cooked same as veal stew.

IRISH STEW

Take beef or mutton and stew till tender, then add pieces of potatoes and onions, flavor with salt, pepper and a very little summer savory. Boil dumplings in it, or what is better and in no danger of burning, steam the dumplings, and add them when ready to serve.

ROAST PORK

Roast in a good hot oven with hot water in pan. Scatter over the meat pepper, salt and sage to season. Put dressing in the end of pan made same as turkey dressing. Serve with roast meat gravy.

FRIED PORK WITH APPLES

Fry pork chops or pork steak till well done. Slice sour apples across quite thick without peeling, fry in the hot lard till tender. Place around the pork on a platter. Serve hot.

ROAST PORK TENDERLOIN

Slit nearly in half and fill opening with dressing, same as for roast pork. Bake about ½ hour, basting frequently with water in same pan.

FRIED PORK TENDERLOINS

Cut the tenderloin 1 inch thick and pound until ½ inch. Fry in lard until brown.

SOUSE

Buy the hocks of pig's feet; to clean thoroughly wash in hot water with a little soda, then boil until the meat falls off, remove the bones, salt well, put in a stone jar and cover with vinegar, let it stand, remove the grease from the top of the jar when cold; may be warmed as wanted or eaten cold.

DUTCH DINNER

Take equal parts of pork chops and beefsteak, lay in a long dripping pan, cover with raw sliced potatoes, and sliced onions on the potatoes. Salt, pepper and butter to season. In one corner of the pan put a good dressing. Fill pan ½ full boiling water, let bake very slowly for 1½ hours.

PLAIN BOILED HAM

Place ham in cold water to cover and simmer ½ hour, then change the water; always hot water when changing. If ham is very salty, change water three times. Simmer till tender, about 4 hours. Leave in water till cold. Then skin.

BOILED AND BAKED HAM

Cut off rind, leaving as much of the fat as desired, put on in cold water to which has been added ½ cup of brown sugar, a dash of vinegar and a few cloves (4 or 5). Cook ¾ of an hour, then put in fireless cooker. Leave in over night. Rub over with brown sugar, then with bread crumbs, stick in a few cloves. Bake ½ hour or maybe ¾, till nicely browned. Fine hot or cold.

FRIED HAM AND EGGS

Take one or two slices of uncooked ham, cover with cold water, bring to a boil and simmer 15 minutes. Then pour off water and fry slowly till done in hot lard. Take out meat when done on hot platter, and break in pan as many eggs as desired and fry slowly till white is set. Serve around ham. If boiled ham is used, just heat and brown a little

BACON AND EGGS

Fry slices of bacon till crisp. Take out and fry eggs in fat till white is set. Keep dipping hot fat over the eggs.

ADDITIONAL RECIPES

CROQUETTES

CREAM SAUCE FOR MAKING CROQUETTES

Put a tablespoon of butter and 1 tablespoon flour in a saucepan, stir until cooked smooth, add a cup of milk, cook till thickened; season with salt and pepper and flavor with onion juice.

VEAL CROQUETTES

Add a pint of chopped veal to the cream gravy, roll into round or oblong shapes, dip into beaten whites of eggs, then roll in crumbs and fry in hot lard.

BEEF CROQUETTES

Same as veal croquettes.

SWEET BREAD CROQUETTES

One pint chopped cooked sweet breads, 1 cup cream, 1 tablespoon flour, 4 eggs, 1 teaspoon onion juice, 1 tablespoon lemon juice, 1 pint bread crumbs, 3 tablespoons butter. Thicken the cream with the butter and flour, add the sweet breads and boil 2 minutes. Add 2 of the beaten eggs when taken from the fire. Add chopped parsley and the seasoning. Let stand till cold. Make into oblong rolls, dip into eggs and crumbs, fry in hot deep lard.

HAM AND POTATO CROQUETTES

Four cups mashed potatoes, 2 cups chopped boiled ham, both fat and lean, mix together and moisten with 2 beaten eggs. Make into balls then dip into white of beaten egg, then roll in crumbs and fry in deep hot fat.

CHICKEN CROQUETTES

Same as veal croquettes.

CROQUETTES WITH EGGS AND BREAD CRUMBS

Take beaten eggs and bread crumbs moistened with cream or milk, season and add chopped meat, mix, roll and fry same as when used with cream sauce.

SALMON CROQUETTES

One can salmon, 6 potatoes boiled and mashed, 1 tablespoon butter; season with pepper and salt; mould into shape, dip into beaten egg, then in cracker crumbs and fry in hot lard or butter.

POTATO CROQUETTES

Two cups mashed potatoes, yolk of 2 eggs, 2 tablespoons cream, 1 spoon parsley, salt and pepper, teaspoon of onion juice, 1 teaspoon butter, grating of nutmeg. Put potatoes in a bowl, add beaten yolks, then the rest, mix well. Cook till it leaves the side of the stew pan.

RICE CROQUETTES, No. 1

One quart cold boiled rice, 2 eggs, make into balls with flour upon the hands, roll in egg and crumbs and fry in hot lard.

RICE CROQUETTES, No. 2

Two teacups of rice (cooked), ½ cup cracker crumbs, 1 heaping tablespoon flour, ½ cup milk, 1 tablespoon butter, 3 eggs, 1½ teaspoon baking powder; salt to taste. Mix in small cakes rolled in crumbs, fry in hot fat. Served with white sugar syrup.

OYSTER CROQUETTES

Mix a quart of oysters with 1 cup of mashed potatoes; cut the mass up fine with a knife; add ½ lb. rolled crackers; season with butter, pepper and salt, and add the oyster liquor, adding milk if more moisture is needed. Make into small rolls, dip in beaten egg, then in powdered cracker and fry.

GRAVIES AND SAUCES

FOR MEATS AND FISH

APPLE SAUCE TO SERVE WITH MEATS

Cook the peeled and cut up sour apples till very tender, then mash until there are no lumps, add the sugar with a little gelatine dissolved in warm water; 1 tablespoon of gelatine to 1 pint of sauce. Pour the sauce into a bowl or mold. Then when cold it will be stiff like jelly.

TOMATO SAUCE

One cup tomato juice, 1 tablespoon butter, 1 tablespoon flour; melt the butter, rub the flour into it, then add the tomato juice; cook till well thickened, season with salt and pepper. A few drops of onion juice may be added if liked.

MINT SAUCE

Chop tender mint leaves very fine; to 3 heaping tablespoons add 3 tablespoons powdered sugar, mix in sauce boat, add gradually 6 tablespoons of vinegar. It should stand two hours or more before using.

BECHAMEL SAUCE

One gill of cream or milk, 1 gill of stock, 1 tablespoon butter, 1 tablespoon flour, yolk of 1 egg, ½ teaspoon salt, ¼ of pepper, melt butter, add flour, mix well; add stock and cream. Put over fire and stir until creamy, add seasoning; take from fire and add yolks of eggs; serve immediately.

DRAWN BUTTER GRAVY

One cup water, 1 tablespoon flour, ¼ cup butter; melt butter in a sauce pan, stir in the flour, then add the water; cook till thick; season with salt and pepper; add 2 chopped hard boiled eggs; serve with boiled or baked fish. Omit the eggs when desired.

WHITE SAUCE

Two tablespoons butter, 2 tablespoons flour, 1 cup milk ¼ teaspoon salt, and a little white pepper; melt butter in sauce pan, stir in sifted flour, stir in milk; cook till thick; season.

EGG SAUCE

Made same as above recipe and add 3 chopped hard boiled eggs.

BROWN SAUCE

Slice 1 onion and fry in butter till brown, then cover the onion with gravy left from roast beef; add a little mustard, salt and pepper, and if liked 1 teaspoon Worcestershire sauce; boil up and if too thick, thin with a little stock or hot water; strain through sieve.

RELISH FOR FISH

Chop an onion and a good sized pickle together; add a little of the pickle vinegar.

CUCUMBER RELISH FOR FISH

Chop a good sized cucumber and put in a strainer to drain, and set on the ice to cool. Just before using mix with mayonnaise dressing.

TOMATO GRAVY FOR LAMB CHOPS OR OTHER MEATS

Strain either canned or fresh cooked tomatoes and put in pan where chops have been cooked and thicken a little with flour, add a grating of onion to flavor. If too much fat is left in pan for gravy pour off a part before putting in tomato juice.

Tartar Sauce—Yolks of 2 raw eggs; half cupful of olive oil, juice of 1 lemon; 1 tablespoon vinegar, 1 tablespoon grated onion, a pinch of cayenne pepper, 1 cupful whipped cream, 1 tablespoon capers, 1 tablespoon of chopped cucumber pickles. Beat the yolks and dry ingredients until very light and thick; set

in a bowl of ice water while beating; add a few drops of the oil at a time until the dressing becomes very thick; then add a little vinegar. When the last of the oil and vinegar has been added, it should be very thick; then add lemon juice and whipped cream. Add the chopped ingredients the last thing; place on ice till ready to use.

CAPER SAUCE

4 tbsp. butter.
2 tbsp. flour.
½ tsp. salt.
1 large tbsp. capers.
½ pt. of stock of boiling water.
⅛ tsp. pepper.

Melt one-half of the butter, add the flour and mix until smooth. Add gradually the 1 cup of stock the mutton was cooked in, also salt and pepper. Cook until it thickens. Add the remaining butter in small pieces, also the capers.

SAUCE HOLLANDAISE
(To serve with fish)

Mix 2 tablespoons butter and 1 tablespoon flour to a smooth paste; put in a sauce pan, add 1 cup of boiling water gradually, stirring all the while till it thickens and to keep from burning. Then add ½ teaspoon salt, a dash of pepper, the beaten yolks of 2 eggs, the juice of ½ lemon, 1 teaspoon onion juice, 1 tablespoon minced parsley. Cook a minute and serve at once. (3 hard boiled eggs may be chopped and added if liked

MAITRE D'HOTEL SAUCE

Two tablespoons butter, 1 tablespoon of chopped parsley, 1 teaspoon onion juice if liked, 1 tablespoon lemon juice, ¼ teaspoon salt; mix all these ingredients and knead well in a bowl. It should be perfectly smooth; serve with salt fish broiled or fried.

TO MIX MUSTARD

Boil some vinegar, take 4 teaspoons mustard, ½ teaspoon sugar, a little salt, 1 tablespoon melted butter; mix till smooth.

FRENCH MUSTARD

Three tablespoons mustard, 1 tablespoon sugar, stir together, then beat in 1 egg till smooth; add 1 cup vinegar, a little at a time, stir till smooth; set on stove, cook 4 minutes, stirring constantly. When cool, work in 1 tablespoon olive oil till smooth.

ROAST MEAT GRAVY

After taking out meat put the pan on the stove with the water that was used around the roasting meat; have ready some flour rubbed smooth with a little cold water; season with salt and pepper; stir into the boiling water in the pan and cook well and strain into the gravy boat; serve hot. A little Halford or Worcestershire sauce improves the flavor for roast beef.

GRAVY FOR FRIED MEATS

After taking meat from pan put a little hot water, butter and salt and pepper into hot pan stir around and pour in platter with meat. Coffee in the place of water makes a good brown gravy for beef steak and does not taste.

EGGS

BOILED EGGS

Put in boiling water; boil 3 minutes if wished soft, 4 minutes for medium. If wished hard, boil 10 minutes, but if they are boiled 30 minutes they are more digestible. Take out and put into cold water then take out immediately.

POACHED EGGS No. 1

Put water in a shallow sauce pan, put in ½ teaspoon vinegar. Let it get hot. Break eggs into a saucer and slip into the hot water, simmer till white is set. Take up carefully with egg spoon and place upon hot buttered toasted bread.

There are egg steamers that are fine for eggs instead of poaching in water. Butter the dishes.

EGGS ON TOAST No. 2

Whip as many egg whites as wanted per person. Keep yolks in separate little dishes and toast slices of bread. Dip slices quickly in hot milk, place in dripping pan, keep the stiffly beaten whites upon each slice of toast, hollow in center and drop an egg yolk in each place. Put in a hot oven and bake till whites are set. Be careful about baking too long.

SCRAMBLED EGGS

Five eggs, 2 tablespoons milk, 1 teaspoon butter, a little salt. Put in a spider and keep stirring till cooked to suit.

SHIRRED EGGS

Separate the whites from the yolks of as many eggs as desired. Beat the whites to a stiff froth. Place on a platter well buttered or in shirred egg dishes. Make indentions in the whites and drop in the whole yolk of each egg. Bake in a slow oven 5 or 8 minutes; season with butter and salt.

FRIED EGGS, WITH HAM

Have plenty of hot fat in the frying pan, break the eggs in a saucer and slide them gently into the pan; when the white begins to set, tip up the pan a trifle and baste the eggs with the hot fat by pouring it over them with a spoon; this will cook the eggs on the top so it will not be necessary to fry them tough as leather on the bottom; remove from the pan, one at a time, with a pancake turner as soon as the whites are set. Serve with ham.

BAKED EGGS

Put cream or milk in baker and break in as many eggs as wished; season with salt and pepper. Bake slowly till set. Serve hot from pan.

PLAIN OMELET, No. 1

Four eggs, whites and yolks beaten separately, 1 tablespoon flour stirred into the yolks, a pinch of salt, 9 tablespoons milk, stirred in with flour and yolks of eggs; then whip the whites in lightly. Bake 20 minutes in a well buttered hot frying pan. Fold over double and take out upon a hot platter; serve immediately. This will serve four people. Increase the recipe for more. Any omelet can be spread with jelly, grated cheese, ham or anything liked to make an omelet to taste.

OMELET No. 2

Five eggs (or as many as wished) beaten separately till whites and yolks are stiff. Add 1 tablespoon water for each egg to yolks, and ¼ teaspoon salt. Fold in the beaten whites and pour into hot buttered omelet pan. Cook on stove 1 minute, then finish cooking in oven. Do not cook too much or it will be tough. Probably 7 to 10 minutes in all.

CREAMED EGGS

Boil 6 eggs 10 minutes; shell, cut in half, place on a platter and pour over them the following sauce or rule for cream sauce.

Put 1 oz. butter, 1 tablespoon onion chopped fine over the fire, cook 1 minute and add 1 tablespoon flour, stir until smooth, add 1 cup of milk, boil up once, season with salt, pepper, 1 teaspoon chopped parsley and 1 teaspoon lemon juice. Put in the oven for 5 or 10 minutes to heat through. One-half cup of finely chopped mushrooms may be added to the sauce if liked.

BEAUREGARD EGGS

Five hard boiled eggs. Rule for Cream Sauce.

Separate the eggs and put the yolks through a sieve. Chop the whites and put into the cream sauce; toast 5 pieces of bread. Put a layer of the white mixture over the toast, then a layer of the yolks, then the whites again and the yolks last. Put the platter in oven a minute to get yolks warm and sprinkle chopped parsley over the top; garnish and serve.

DEVILED OR STUFFED EGGS

Simmer 6 eggs 20 minutes, remove shells and cut in halves. Remove yolks, mash fine. Season with 1 teaspoon butter, a few drops of onion juice, salt, cayenne pepper, mustard and a few drops of vinegar; if liked ½ the quantity of chopped ham or tongue. Fill the whites with the mixture. For a picnic wrap each egg in oiled paper.

ECONOMICAL OMELET

Well beaten yolks of 3 eggs, add ½ cup of milk, 1 cup bread crumbs, which have been well softened in the milk, ¼ teaspoon salt. Mix thoroughly, fold in the stiffly beaten whites. Turn at once into a well heated frying pan in which 1 tablespoon butter is melted; cook slowly till nicely browned.

SCALLOPED EGGS

Hard-boil 12 eggs; slice them in rings; in the bottom of a large well-buttered bakingdish place a layer of grated bread crumbs, then one of eggs; cover with bits of butter and sprinkle with pepper and salt. Continue thus to blend these ingredients until the dish is full; be sure, though, that the crumbs cover the eggs upon top. Over the whole pour a large teacupful of sweet cream or milk and brown nicely in a moderately heated oven.

VEGETABLES

Most vegetables are better steamed than boiled. After washing vegetables, lay them in cold water till time to cook. Vegetables which grow below ground should be put into boiling salted water to cook, and taken up as soon as done. Vegetables which grow above ground should be salted when nearly done.

MASHED POTATOES, No. 1

Peel, cut to size and cook tender, about ½ hour; drain; mash fine with a wire potato masher; season with butter and salt; pour in ½ cup of cream or milk for a family of half a dozen persons. Take up in a covered dish; sprinkle a little pepper if liked.

MASHED POTATOES, No. 2

Potatoes, to be light and flaky, need to be whipped. Cook them whole, pour off the water, add the seasoning, butter and milk, and turn into a suitable vessel and beat ¼ of a minute with egg beater, or until they become light and flaky. Thus prepared they are pronounced "the most beautiful and delicious mashed potatoes ever made." Care should be taken not to overwhip them or it will work up the starch and make them pasty.

POTATOES BOILED IN JACKETS

Wash well, cut an end off; this makes them mealy. When done, pour off the water and set on back of stove with a towel over them.

POTATOES FRIED

Pare and slice the potatoes thin, cut them if you like in small fillets, about ¼ of an inch square and as long as the potato will admit; keep them in cold water till wanted, drain, then drop them into boiling lard; when nearly done take them out with a skimmer and drain them, boil up the lard again, drop the potatoes back and fry till done; this operation causes the fillets to swell up and puff out; sprinkle with salt and serve very hot.

NEW POTATOES

Wash, scrape, boil 30 minutes, turn off water and add a little salt. Cover with cream sauce or butter and chopped parsley.

STEWED POTATOES

Chop up some cold boiled potatoes; put into a sauce pan with milk or cream enough to nearly cover; stir to keep from burning and when the milk thickens it is done; salt and pepper and butter to taste.

FAVORITE WARMED-OVER POTATOES

Chop or slice cold boiled potatoes; put a little milk and butter in a frying pan, boil up, add the potatoes, cook, stirring occasionally, season with salt and pepper and butter. Cook till milk is thickened.

WARMED-OVER MASHED POTATOES

Roll into small cakes by using flour to help form them, not to mix any with the potatoes; glaze over with beaten egg; place on pie plates and bake them till of a delicate brown color.

STUFFED POTATOES

Six large smooth potatoes, 1 tablespoonful of butter, salt and pepper to taste; wash the potatoes clean, being careful not to break the skin; bake 45 minutes; then with a sharp knife cut into 2 lengthwise or take out a piece of skin and try to keep them whole; scoop out the potatoes with a spoon and mash light and fine; add the seasoning, butter and milk. Put in oven till hot.

BAKED POTATOES

Potatoes are either baked in their jackets or peeled. They should not be exposed to a fierce heat, which is wasteful, inasmuch as it makes the vegetable scorched and a good part of it uneatable. They should not touch each other in the oven. Be particular to wash and brush them when baked in their skins. When pared they should be baked in a dish as an accompaniment to roast meat, and fat of some kind added to prevent the outside from becoming burnt. Boil pared potatoes 10 minutes in salted water, take out and put in roast pan. They should be served promptly when done, and require an hour to bake.

HASHED BROWN POTATOES

Boil the potatoes until they are tender, but not mealy; the waxy potatoes are better than the starchy potato for this purpose. Drain the potatoes and let them get perfectly cold. Chop very fine; season with pepper and salt while chopping. Put just enough fat or cooking oil in a frying pan to keep potatoes from burning. Put in a layer of potatoes about ½ an inch thick, pressing them down in a smooth, compact mass. Set on the range where they will cook slowly for about 15 minutes. When a rich, even brown on the bottom take a flexible knife and fold the potatoes over as you would an omelet; turn out on a hot plate and garnish with a little parsley

POTATO SOUFFLE

Boil 4 good sized mealy potatoes, press through a sieve, scald in a sauce pan ½ cup of milk, and 1 tablespoonful of butter, add to the potato with a little salt and pepper; beat to a cream yolks of 4 eggs; add 1 at a time, beating thoroughly, drop a pinch of salt into the whites and beat to a stiff froth, add them to the mixture, beating as little as possible; have ready a well greased baking dish large enough to permit the souffle to rise without running over; bake 20 minutes in a brisk oven; serve at once in a dish in which it was baked.

SARATOGA FRIED POTATOES

Cut nice potatoes into very thin slices, put them into cold water with a small bit of alum added to make them crisp; let them stand a few hours, or over night; rinse in cold water, and dry them with a crash towel; fry them a light brown in boiling fat; when done sprinkle with salt. (Saratoga specialty.)

CREAMED POTATO BALLS

Cut the potatoes with a vegetable cutter into small balls the size of a marble. Boil in plenty of water with a sprinkling of salt, boil about 15 minutes. Then serve in a rich cream gravy.

Gravy—One cupful of milk, 1 tablespoon butter, 1 tablespoon flour, salt, add a little minced parsley and add a little onion juice if liked.

CREAMED POTATOES

Heat a cupful of milk, stir in a heaping tablespoon of butter, cut up in a tablespoon flour, stir until smooth and thick, pepper and salt, add two cupfuls of cold boiled potatoes sliced and a little minced parsley. Shake over the fire until potatoes are hot all through.

POTATO CAKES

Mix thoroughly with cold mashed potatoes left from dinner, the well beaten yolk of an egg, make into cakes as you would sausages, place in a frying pan with a tablespoon of fat, cover and fry 5 minutes, then turn and brown on the other side. Serve hot; make up after dinner ready for breakfast.

SCALLOPED POTATOES

Peel and slice thin raw potatoes; butter a baking dish, put in a layer of potatoes and season with salt, pepper and butter, a bit of onion chopped fine if liked, sprinkle on a little flour, put another layer of potatoes and seasoning, and continue till dish is filled. Pour a quart of hot milk over it and bake an hour. Cold boiled potatoes may be used the same, but requires less time to bake.

LYONNAISE POTATOES

Take 8 or 10 good sized cold boiled potatoes cut into dice; when ready to cook, heat some butter in a frying pan, fry in it 1 small onion chopped fine until it begins to change color, put in the potatoes, sprinkle with salt and pepper, stir well, cook 5 minutes, taking care not to break them; they must not brown. Just before taking up, stir in a tablespoon of minced parsley. Dry by shaking in a hot colander; serve very hot.

VIENNESE POTATOES

Prepare a potato mixture, using 2 cupfuls of hot mashed potatoes; add 2 tablespoonfuls each of grated cheese and butter; ½ teaspoonful of salt; 3 shakes of white pepper, 1 cup hot milk, yolks of 2 eggs, beaten; then the white of 1 egg beaten stiff and folded in; sprinkle the pastry board with flour; now roll

mixture into tiny balls, roll these into long shapes, thick in the center and pointed at the ends; lay on a greased pan so they will not touch each other; brush over with extra egg yolk, mixed with 1 tablespoonful milk; brown in a hot oven. Very good to serve with cold meats.

SWEET POTATOES

Wash clean and bake in a hot oven 1 hour, or place in a steamer over a kettle of boiling water from ½ to ¾ of an hour, or cut in slices and fry in butter or lard in an agate potato fryer, or halve and quarter and bake in pan with roast beef, basting them often with the drippings.

GLAZED SWEET POTATOES

Wash and pare 6 medium-size potatoes. Cook 15 minutes in salted water. Drain, cut in halves lengthwise, and put in buttered pan. Make a syrup of ½ cup of sugar, 4 tablespoons water and 1 tablespoon butter; boil 3 minutes. Brush potatoes with syrup and bake 20 minutes basting with the remaining syrup.

FRIED SWEET POTATOES

Take cold cooked sweet potatoes, cut in large slices and brown each slice in butter in frying pan. Season, salt and pepper.

POTATOES AU GRATIN

Slice cold cooked potatoes and grate cheese over separate layers with bits of butter and seasoned with salt and pepper. Cover with milk and put bread crumbs on top. Bake.

BOILED ONIONS

Wash, peal and boil in hot salted water 1 hour or till done. Drain off water and pour in milk, season with pepper, salt and butter to taste, boil up and serve hot. Old onions take about 2 hours to boil.

FRIED ONIONS

Slice and boil 10 minutes, and drain off water 3 separate times. Fry in butter or beef drippings, stir often, serve hot.

BAKED CABBAGE

Cut the cabbage in small pieces and boil till tender in salted water; when cold chop it finely, add 2 beaten eggs, a little butter, pepper and salt, if it needs it, and 2 tablespoonfuls of cream; stir all vigorously, bake in a buttered pudding dish till it is brown on the top; serve hot.

BOILED CABBAGE

Peel off the outer leaves. Cut in halves to see that no worms or bugs inhabit it. Plunge into boiling water, boil till tender, salt after it is done.

GERMAN CABBAGE

Select a good hard cabbage of the drumhead variety. Cut it into strips as for pickling. Melt a good sized lump of butter in a sauce pan, throw in the cabbage and let it simmer until tender; then put in a medium sized onion stuck full of cloves, add sufficient water as to completely cover and let simmer gently, but steadily, for an hour. Just before serving add 3 tablespoonfuls of vinegar.

COLD SLAW

Cut up and remove hard part of cabbage, and wash and chop fine. Serve with vinegar, a little sugar, and a trifle of mustard.

HOT SLAW

Chop up a cabbage and cook in hot water till tender. Drain in a colander, then add ½ cup vinegar, tablespoon butter, salt and pepper to taste. Heat together thoroughly, serve hot. If cabbage is cooked without a cover it will not scent the house much

MOCK CAULIFLOWER

Take white crisp cabbage, boil in salted water until tender, drain off water and add a little milk, boil up again and season with butter, salt and a little pepper.

SALSIFY, OR VEGETABLE OYSTERS

No. 1—Wash and scrape off skin with a knife, and stew in hot water till tender; cut up in small pieces and make a thickened milk and butter gravy about the consistency of cream; stir in the vegetable oysters; cook till well heated through and serve hot.

No. 2—Wash, scrape, boil and cut up in pieces about 2 inches long and dip in an egg and flour batter and cook in hot lard—same as doughnuts—or in a little butter and lard.

SPINACH

Look it over carefully, wash in 4 waters, boil about ½ an hour, drain through a colander and cut through with a knife while draining; season with salt, pepper and butter; boil 2 eggs hard; slice and place on the top; serve hot.

BOILED GREEN CORN

Strip off husks and silk. Boil in hot water for 5 minutes, or steam till tender; salt just before it is done. Too long boiling or steaming toughens it. If any is left over after dinner, cut off from cob and heat in milk for next day's dinner; season to taste.

CORN FRITTERS

To a pint of corn pulp add salt, pepper, sugar to taste, 2 eggs and enough sifted cracker crumbs to hold the mixture together; add a teaspoonful of baking powder with the crumbs. Drop from a spoon in hot fat, making the fritters about the size of an oyster. Fry a nice brown. Drain on paper and serve with tomato sauce.

CORN PUDDING

One pint of green corn, cut from cob or canned corn, 1 cup milk, 2 tablespoons butter, 1 tablespoon sugar, 2 eggs well beaten, seasoning to taste. Pour into a well greased baking dish and bake a golden brown.

LIMA BEANS

Stew in water in which a pinch of soda has been added; when done drain off water and pour in milk and season with salt and butter; boil up once and serve hot.

SUCCOTASH

Cooked Lima beans and cooked green corn cut off the cob, mixed boiled up in milk. Put in a little butter, salt and pepper to taste.

BUTTER BEANS AND STRING BEANS

Cut off ends of pods and strip off strings from sides. Cut pods in 2 or 3 pieces and boil in plenty of water 4 hours; season with salt, then drain off water and put in enough milk to cover, and put in a tablespoon of butter and season with salt and pepper; boil up and serve hot. If preferred, thicken the milk to the consistency of cream, or put in cream instead of milk. Some prefer to have the beans dished up without any dressing and eat with vinegar.

TOMATOES

No. 1—Peel, slice, and serve with sugar and cream.

No. 2—Peel, leave whole, serve with salad dressing.

No. 3—Peel, cut up and stew in a very little water. When done, season with salt, pepper and butter.

No. 4—Rolled crackers stirred in before serving is preferred by some.

No. 5—Toast thin slices of bread, mash tomatoes fine, boil; season, and pour over bread just before serving.

ESCALLOPED TOMATOES

1 can tomatoes. Put into baking dish layer of tomatoes and one of cracker crumbs, not too fine, until dish is filled. Season with butter, salt and pepper; bake thirty minutes.

Very nice served as a vegetable.

BAKED TOMATOES STUFFED

Take 6 large tomatoes, cut off tops, do not peel; scoop out inside carefully, sprinkle with salt and pepper and stuff with any of the following:

No. 1—Cup cold chicken or veal chopped fine; ½ cup soft bread crumbs, 1 tablespoon butter, 1 cup cream.

No. 2—1 cup grated corn, ½ cup crumbs, 1 tablespoon butter, 4 tablespoons cream, 1 teaspoon sugar.

No. 3—1 cup chopped cabbage, 1 onion chopped fine, ½ cup crumbs, ½ cup cream, 1 teaspoon sugar, 1 teaspoon butter.

No. 4—1 cup chopped celery, ½ cup crumbs, 1 tablespoon butter, 4 tablespoons cream, 1 teaspoon sugar.

Put in baking dish surrounded with water, bake ½ hour. Serve hot.

No. 5—Fill with cooked rice seasoned with 1 onion chopped fine and a little green pepper chopped. Then fry a few minutes in butter and add to the rice, and stuff tomato.

TURNIPS

Wash, peel, cut up, and boil in as little water as possible till tender; drain and mash fine; season with salt, pepper and butter. Or steam until tender; mash and season. See time table.

DICED TURNIPS

Pare, slice, cut in dice 1 inch square, boil till nearly done, in as little water as possible; to 1 quart of turnips, add 1 tablespoon sugar, salt to make it palatable; when they are boiled as dry as possible, add 2 or 3 spoons of cream and a beaten egg. and serve; or serve with white sauce.

SUMMER SQUASH

Wash and cut in pieces. Cook in a steamer or in a strainer placed over a kettle of boiling water for about 30 minutes. Mash and season with salt, pepper and butter. If watery, press out part of the juice.

HUBBARD SQUASH

Choose sound ones with no soft spots. Break into pieces with a hatchet; take out shreds and seeds. Cook in a steamer or strainer placed over hot water about 60 minutes, or until tender. Scoop out inner part. Mash or rub through a colander. Season with butter, pepper and salt. Serve very hot.

BAKED SQUASH

Prepare the same as in above recipe. Stand the squash, skin side down, in a baking pan; bake in a moderately quick oven about 1 hour, or until tender. Dish on a platter, covered with a dainty napkin and send at once to the table. Season.

BEETS

Wash carefully, so as not to break off any of the roots; do not cut. Boil in plenty of water for 2 or 3 hours, or till tender, take up and peel off skin. Slice those needed for dinner, season with salt, pepper and a little butter, serve hot. Part of those left slice up into vinegar and serve as a pickle. Save some and chop up fine and fry in a little butter, stirring about till thoroughly heated; season to taste and serve hot.

BEET GREENS

Wash young beets and tops till very clean and free from sand; boil in salted water for about ¾ of an hour; take out and drain; season with salt, pepper and butter, serve hot. Or boil a piece of salt pork till nearly done, then put in the beet greens and finish cooking.

PARSNIPS

No. 1—Peel, boil and mash, season with salt, pepper and butter to taste; serve hot.

No. 2—Boil till tender, peel and cut into pieces about the size of a thumb and dip into a batter made of eggs and flour salted, and fry in hot lard same as doughnuts.

No. 3—Boil, peel and slice lengthwise in thin slices, and fry brown in butter or butter and lard; season to taste; serve hot.

No. 4—Make mashed parsnips into cakes, dip into egg and bread crumbs and fry.

STUFFED GREEN PEPPERS.

Put the peppers in boiling water for 5 minutes, after slicing off top and taking out seeds.

No. 1—Mix a cup bread crumbs, ½ cup chopped nut meats, 1 teaspoon grated onion, salt and ¼ cup milk. Fill the pepper with buttered crumbs and bake ½ hour.

No. 2—Fill with creamed cauliflower, with grated cheese sprinkled over the top.

No. 3.—Fill with creamed green corn.

No. 4—Filled with boiled rice and tomato well seasoned with onion.

ASPARAGUS

No. 1—Wash and cut off the tough parts, the rest in inch pieces. Leave out the tops and boil in hot water till tender; then add the tops and boil them a short time; salt just before it is done; when done drain off the water and cover with milk, add a tablespoon of butter and pepper to taste; let boil up and pour in a dish and serve hot.

No. 2—Cook the same as above and pour over a few slices of toasted bread.

No. 3—The milk may be thickened, if preferred, to a cream by stirring in a tablespoon of flour rubbed smooth in a little milk.

No. 4—Cook asparagus whole and lay on slices of toasted bread and pour over it a drawn butter gravy.

TO KEEP PARSLEY GREEN

Take parsley and green celery leaves and run through a food chopper or chop in a chop bowl fine; then take a fruit can and put a good tablespoonful of salt in bottom of can, and then put parsley about 2 inches thick; again a tablespoonful of salt and parsley, and so on until the can is full; press down good. In doing this you will have green and fresh parsley all winter. Fine for soups and salads of all kinds. I have put it up for 5 or 6 winters, and I never lost a teaspoonful and it stays green as grass.

GREEN PEAS

Shell, and put in enough boiling water to cover. Boil 1 hour; add pepper, salt and butter, and serve hot. Some like milk added, but they taste better served in the water they are boiled in.

FRIED EGG PLANT

Cut the egg plants in slices ¼ inch thick, and soak ½ an hour in cold salted water. Drain off the water, lay on a napkin; dip them in crumbs then in beaten egg, then again in the crumbs and fry in butter until a light brown. Have frying pan hot before putting in the slices. Keep in the water till ready to fry them or they will turn black.

CAULIFLOWER

Pick off the outer leaves cut off the stem close to the flowerets. Wash well in cold water, then soak with the top downward in clear cold water for 1 hour. Stand it in a kettle of boiling water, stem downward, add a teaspoonful of salt, cover the kettle and boil 20 or 30 minutes, or until the cauliflower is tender. When done lift carefully from the water and stand in a round shallow dish. Pour over it cream sauce and serve.

The flowerets may be broken apart, boil until tender and serve with cream sauce.

BOSTON BAKED BEANS

One quart and 1 pint beans (pea beans), soak over night; parboil 1 hour in the morning with ⅛ teaspoon soda; skim out and put ½ in bean pot; put in the center 1 lb. salt pork. Fill around and on top with the rest of the beans. Put in ¼ teaspoon ginger, ¼ teaspoon mustard, ½ teaspoon salt, 1 large spoonful molasses. Fill and cover with hot water. Cover and bake 8 hours. Keep watch and fill occasionally with hot water to keep from burning. Leave in pot and warm through in the morning.

BAKED MUSHROOMS

Take 1 lb. fresh mushrooms and place in casserole. Add ¼ lb. butter cut in pieces. Cover and bake in oven 1 hour. Add a little salt when done. These may be added to thickened beef gravy and used with steak or tenderloin of beef roast. Also may be put through chopper and added to cream sauce with chicken croquettes.

CARROTS CREAMED

Wash, scrape and cook as many carrots as desired in boiling salted water till tender. Drain and cut in pieces, mix in hot white sauce. (See Sauces.) (Or serve with butter.)

CREAMED CELERY

Wash, cut in pieces the outside stalks of celery. Boil in salted water. When tender, drain and serve in white sauce. (See Sauces.)

BAKED BANANAS

Peel and scrape off fibre and put in baking dish. 2 tablespoons butter, 2 tablespoons lemon juice, 4 tablespoons sugar. Pour over bananas and bake in hot oven 20 minutes. Baste 3 times.

MACARONI AND CHEESE PREPARATIONS

PLAIN BOILED MACARONI

Break it into short pieces, cover with boiling salted water and cook rapidly 30 minutes. Drain through a colander, plunge in cold water. Take out and cover with milk; bring it to a boil, add 1 teaspoon butter, season with salt and pepper.

CREAMED MACARONI

One-quarter lb. macaroni, 1 whole clove, small onion sliced, 1 dessert spoon salt, put into plenty of boiling water and boil for at least 1 hour. Drain, remove clove and onion. Make cream sauce of 2 tablespoons butter and 2 tablespoons flour and ½ teaspoon salt, 1 pint milk and pinch of cayenne. When it comes to a boil, add 2 tablespoons grated cheese; pour over macaroni; serve hot.

MACARONI AND CHEESE

Break up the macaroni in short pieces and boil in salted water till tender. Drain off water and place in a tin in layers with grated or thinly sliced cheese between each layer, with a little butter, pepper and salt. Put in enough milk to be even with top of macaroni; put on a few rolled cracker crumbs and bake till milk is dried out; serve hot.

Stewed tomatoes may be poured over the macaroni instead of cheese and milk, and baked, or the cheese may be left in.

MACARONI WITH TOMATO SAUCE

Boil ¼ box macaroni in small pieces until very soft in salted water; drain. Butter baking pan. Make alternate layers of macaroni, tomato sauce and 1 small cup of grated cheese. Cover top with crumbs and bake.

Sauce—1½ cups tomato juice, 1½ tablespoons flour, 1½ tablespoons butter. Salt to taste.

SOUTHERN WELSH RAREBIT

Six eggs, beat whites as for sponge cake, 1 cup milk, 1 tablespoon melted butter, 1 cup grated cheese, salt and pepper to taste. Bake half an hour, till it puffs up and browns.

WELSH RAREBIT

Toast slices of bread on each side, lay slices of cheese on the bread and set in the oven. When the cheese has melted enough to moisten the bread, serve.

CHEESE RAMAKIN

Two oz. or 1 cupful bread crumbs, ½ cup of milk, 2 tablespoons butter, 4 tablespoons grated cheese, yolks of 2 eggs, whites of 3 eggs, ½ teaspoon salt, a dash of cayenne. Cook the bread and milk to a paste, take it from the fire and add butter and cheese. Cook this until the butter is melted, then take from fire and put yolks of eggs in, then the whites and the salt. Bake in baking dish till set.

CHEESE WAFERS

Grate stale cheese over wafers or crackers and place under blaze of gas oven, and when cheese is melted they are ready to serve. If you do not use gas for cooking, place on long tin and set in oven till hot and cheese is melted; serve with salad.

CEREALS

QUAKER OATS

Two measures of water to 1 of oatmeal. Cook in a double boiler. When the water is hot put in ½ teaspoon of salt. Stir in the oatmeal thoroughly a little at the time, then cover and boil 1 hour without any stirring. Serve with cream and sugar.

OATMEAL

(Old Fashioned.)

One cup oatmeal mixed with 4 cups boiling water, 1 teaspoon salt; cook in a double boiler 1½ hours. Do not stir more than twice while cooking.

CRACKED WHEAT

One cup cracked wheat, 4¼ cups salted water. Cook in double boiler 4 hours.

HOMINY

One cup to 7 of salted water. Cook in steam cooker 4 hours.

CORN MEAL MUSH AND FRIED MUSH

When the water is boiling, salt it and scatter the meal in by the handful, stirring constantly. Make it a thick, smooth batter, and at the last stir in a good handful of flour, this binds it and makes it better for frying. Serve hot with milk or cream and sugar. For fried mush, pour into a greased bread pan and bake awhile. Cut in slices when cold, and fry in hot lard or butter to a nice brown; serve with syrup.

CORN MEAL MUSH

One and one-quarter cups corn meal. Add 1¾ cups cold water slowly. Add 3 cups boiling water and 2 teaspoons salt. Cook in double boiler 1 hour. Stir over fire at first until thick. Cook 2 hours. Mold any left and fry in morning.

GRAHAM MUSH

Sift Graham meal slowly in boiling salted water, stirring briskly till it is thick as can be stirred with one hand. Cook in double boiler 3 to 4 hours. Serve with milk or cream and sugar.

PLAIN BOILED RICE

No. 1—One-half cup rice in salted boiling water. Boil in 4 quarts of water; boil rapidly all the time without stirring; boil about 1 hour.

No. 2—It may be cooked in a double boiler; use 1 quart milk to 1 cup rice and is much better put in milk to cook. It will not take more than half as much milk as water. Serve with sugar and cream.

RICE PUFFS

Rice puffs are wonderfully good. Place a pint of cold boiled rice, a cup of sweet milk, three beaten eggs, a tablespoonful of sugar, a teaspoonful of baking powder and a pinch of salt into a mixing dish. Stir together, then add enough flour to make a batter. Drop spoonfuls of the rice mixture into hot fat, fry brown and drain on cloth to remove all possible grease. Dust with powdered sugar and serve hot. These make a delicious luncheon course.

ADDITIONAL RECIPES

ADDITIONAL RECIPES

BREAD, ROLLS, ETC.

WHEAT BREAD No. 1

Take 3 pints of flour to 1 pint of wetting. The "wetting" may be either milk or water or half of each, but must be warmed. If milk is used, scald it and let it cool to a temperature of 75 degrees, or pour boiling water in the milk and let the milk and water cool to the same temperature. The flour should not be so cold as to cool the wetting below 75 degrees. Dissolve one cake compressed yeast in one cup warm water; add this yeast to the wetting; salt to taste; add ½ tablespoon lard and 1 of sugar and mix with flour in a large bowl or pan to a stiff batter; place the batter on a moulding board and knead to a stiff dough; work in all the flour necessary at this kneading. Some brands require more flour than others. Grease a large bowl or pan, put in the dough, and set in a warm place to rise; also grease the top of the dough. When it has risen sufficiently, knead with as little flour as possible to keep from sticking, form into loaves and put into greased tins, let it rise and bake. To test the oven throw a little flour in the oven; if it browns quickly the oven is all right; if the flour burns the oven is too hot. The fire must be hotter after the bread has been in 10 minutes. An ordinary sized loaf requires 45 minutes for baking. When taken from the oven brush the loaf over with milk and place where it will cool quickly or near an open window.

HEALTH BREAD—No Kneading

Specially good for people suffering from dyspepsia or sour stomach. The microscope shows that when we knead dough, we cover the small grains of starch in the wheat with gluten, which is also in the wheat, so that the heat of the oven cannot get at the starch as it should to change it into sugar. The result is, we are eating raw starch, which is hard to digest and not nourishing when we should be eating sugar which is easily digested and very nourishing.

Here is the recipe. Take it home to the bread maker.

For three loaves—One pint of milk, 1 pint of hot water, 2 cakes of yeast, 1 tablespoon of lard, 1 tablespoon of sugar, ½ teaspoon of salt. Soak the yeast in 1 tea cup luke warm water

(don't scald it). Take 3 quarts of patent flour (only 2½ of Pillsbury's). In cold weather warm the flour enough to take off the chill. Mix all together thoroughly, either with hand or spoon and let rise until very light. Then divide it into loaves and put into greased bread tins without **any** kneading, or any more flour. Let rise to top of tins, then put in hot oven to keep from rising too much and gradually let cool to the right heat and finish baking.

For whole wheat bread use more sugar or molasses, if preferred, but do not use as much flour as for white bread. Mix no stiffer than will drop slowly from spoon.

WHOLE WHEAT BREAD

Two quarts whole wheat flour, a quart luke warm milk, 1 cake yeast, ½ cup molasses, 1 tablespoon lard, 2 teaspoons salt. Dissolve the yeast in ½ cup of the milk. Work the shortening with the flour, add the rest of the ingredients. The dough will be too soft to knead but must be thoroughly stirred. In the morning stir well again and put in two greased bread tins and put in a warm place to rise till light. Bake 1¼ hours in a moderate oven.

PETTYJOHN'S NUT BREAD

Put 1 quart Pettyjohn's breakfast food in a large bowl, add 1 teaspoon salt, 1 tablespoon sugar, 1 pint luke warm milk or water. Dissolve 1 cake of yeast in ½ cup luke warm water and add to mixture. Mix well with a wooden spoon, put in a warm place to rise till very light. To this add ½ cup of filberts chopped and 3 cups flour. Mould on a well floured board, make into 2 loaves. Brush with melted butter. Let rise till double its size. Bake ¾ of hour.

WHOLE WHEAT NUT BREAD

One coffee cup of milk and water. Dissolve ½ cake compressed yeast, 1 tablespoon molasses, pinch salt. Mix as stiff as can be stirred with a spoon with whole wheat flour. Let rise over night. In the morning cut or stir it down, stirring in ¾ cup of any kind of nuts, let rise in loaf and bake.

BROWN BREAD

One pint sour milk, ½ cup molasses, ½ cup brown sugar, 2 teaspoons soda, salt, 1/3 as much white flour as of graham. Mix as thick as for cake. Bake in slow oven. Raisins, currants, or nuts can be added if wished.

NUT BREAD

Three cups white flour, 3 teaspoons baking powder, ¼ teaspoon salt, ½ cup granulated sugar, 1 cup nut meats coarsely chopped, 1½ cups milk, 1 beaten egg; stir all together. Put in bread tin and let rise 25 minutes. Bake.

BOSTON BROWN BREAD No. 1

Two cups sour milk, ½ cup molasses, 1 small teaspoon soda, salt, 1 cup Indian meal, 1 cup bread crumbs soaked in the sour milk, add enough graham flour till stiff enough to drop easily from the spoon. Put in baking powder cans, well greased, steam 4 hours, then bake in hot oven ½ hour. Take immediately out of the tins when done.

BOSTON BROWN BREAD No. 2

One quart bread crumbs soaked in 1 quart milk, add 2 cups Indian meal, 1 cup molasses, 1 teaspoon soda, ½ teaspoon salt, Graham flour enough to drop from spoon (about 4 cups). Steam 5 hours in baking powder tins.

PARKER HOUSE ROLLS

Two cups warm milk, 1 yeast cake, 2 cups sifted flour, 1 teaspoon salt, 2 teaspoonfuls sugar, 2 tablespoonfuls melted butter and 1 egg; dissolve the yeast in a little warm milk; sift the flour into a bowl, add sugar and salt; make a hollow in center and put in the yeast and some of the milk; commence mixing it with the right hand; next add the egg, butter and the remaining milk; set in a warm place till very light; then work with sufficient sifted flour into a soft dough and let it rise till very light; then roll it out one inch in thickness and cut into rounds with a cake cutter; brush the rounds with melted butter, double them over and set in buttered pans one inch

apart; let them rise to double their size and bake to a fine golden color; while hot brush them over with melted butter.

If rolls or raised biscuits are desired for breakfast, put a few away in the refrigerator, and take them out in the morning and let them rise, ten or more minutes before baking.

TWO HOUR ROLLS

Two cups flour, 1 cup milk, scalded. Let get luke warm. Add 1 cake yeast and 1 teaspoon sugar. Let rise until light. About ¾ hour. Then add 1 tablespoon lard, 2 tablespoons melted butter, 2 tablespoons sugar, 1 teaspoon salt, 1 egg, beaten, about 2½ cups flour. Knead well, roll ¼ inch thick and cut out. Let rise until light. Place three small pieces in each muffin tin for Shamrock Rolls.

RAISED BISCUITS No. 1

Take enough dough from bread dough to make 1 pan of biscuits. Roll out thin and cut with a small biscuit cutter, spread with soft butter and fold over. Let rise till light, bake till light brown.

RAISED BISCUIT No. 2

Take out enough from the bread dough when it is ready to knead into loaves for one loaf, and keep that for biscuits. Take out upon the bread board and add 1 egg beaten, 2 tablespoons sugar and butter size of an egg, and work that all through the dough, using as little flour as possible. Roll out about ½ inch thick and cut with a very small biscuit cutter. Let rise till light and bake 20 minutes. If wished hot at meals place in the refrigerator as soon as cut out, taking them out a half hour before the meal. Let them rise till light, then bake.

RAISED ROLLS

Whites of 2 eggs in a bowl beaten light, 2 tablespoons sugar, scant ½ cup butter; cream butter and sugar together; 1 pint warm milk, scalded, 1 cake yeast, 7 or 8 cups flour. Dissolve the yeast in a little of the warm milk and mix all together and knead till it no longer sticks. It takes 3 hours to rise. Knead again and let rise. Then knead and roll out and make into small narrow rolls, rise, then bake 20 minutes.

COFFEE KUCHEN

One quart bread flour, 1 pint milk, ¾ cup butter, ¾ cup sugar, 2 eggs, ½ cake compressed yeast, a grating of lemon peel, ½ cup of raisins, ¼ teaspoon salt; put butter into the milk and warm to blood heat; add some of the milk to the flour, then add the dissolved compressed yeast, then the beaten eggs and the grated peel of half a lemon, then the salt; then add remainder of the milk and beat the whole 20 minutes, and last add seedless raisins and beat again. Set aside to raise to twice its size in a warm place; when light, take a little at a time and beat it and put in a pan an inch thick and let it rise till twice as thick, then spread melted butter over it and sprinkle with sugar and bake in an oven hot as for bread for about 20 minutes.

DUTCH BREAD

Very nice to eat at breakfast with coffee, at tea, or for lunch. One pint warm milk, a little salt, scant ½ cup butter, scant ½ cup sugar, even teaspoon cinnamon, ½ cup English currants, ½ cake compressed yeast, cream butter and sugar together; stir in cinnamon and add the warm milk, then the yeast dissolved in a little warm milk, then mold in all the flour needed to make a stiff dough; let this rise till light; then mold out into loaves and put in bread tins to rise; then bake. Mold all the flour to be used at the first kneading; when the sponge for white bread has risen, the sugar, butter, spice, currants, etc., may be stirred into some of it, and put to rise, but the first way makes the best.

RIBBON BUNS OR CINNAMON ROLLS

Take some bread dough when ready to make into loaves, and roll out thin and flat and cover with melted butter, dust with cinnamon, spread with sugar, cut into strips like ribbon and roll round and round and pinch the end close to keep together. Let rise till light, brush over with milk and bake 20 minutes.

BAKING POWDER BISCUITS

Two cups flour, ½ teaspoon salt, 4 level teaspoons baking powder, mix; work in 2 teaspoons lard, add ¾ cup of milk or enough to make soft dough. Turn out on floured board; pat to about ½ inch thick, cut out and bake in hot oven about 15 minutes.

QUICK BISCUITS

Take above rule adding a little more milk and drop from spoon into greased gem pans and bake quickly.

BLUEBERRY BISCUITS

Take baking powder biscuit rule and adding a pinch of soda and 1 tablespoon of sugar and about 1 cup of fresh blueberries to the dry ingredients after the lard is in; add the milk, mix and take some in hand and form into biscuit with floured hands and put a little ways apart in pan. Bake in hot oven.

JOHNNY CAKE

One-half cup Indian meal, 1½ cups flour, 1 cup sweet milk, 2 tablespoons sugar, 2 eggs, 3 tablespoons melted butter, ½ teaspoon salt, 2 teaspoons baking powder. Bake ½ hour in gem tins or thin loaf.

QUICK COFFEE CAKE.

One cup flour, ½ cup sugar, 3 level teaspoons baking powder, ½ teaspoon salt, ½ teaspoon cinnamon, ½ cup milk, 1 beaten egg, 4 tablespoons melted butter. Sprinkle with a little sugar, chopped nuts and cinnamon. Bake in hot oven.

DATE GEMS

Two eggs, 1 tablespoon melted butter, ½ pint milk, ½ teaspoon salt, 1½ teaspoons baking powder, 1 cup chopped dates (½ lb.) whole wheat flour. Cut dates up in small pieces after being well rolled in flour. Separate the eggs and put the yolks in the bowl, beat them and add the milk; then add the butter and salt, then enough flour to make a batter that will drop from the spoon; then add the dates; beat well, then add baking powder, then the well beaten whites. Bake in a hot oven 25 minutes.

SALLY LUNN

Rub a piece of butter as large as an egg into 3 cups of flour, add 1 tumbler of milk, 2 eggs, 3 tablespoons sugar, 3 teaspoons baking powder, ½ teaspoon salt; stir the baking powder, salt and sugar into the flour; add eggs, the butter melted and the milk. Stir all together. Bake in square tins and eat warm with butter.

MUFFINS

One egg, ½ cup milk, 1/3 cup sugar, 1½ cups flour, 2 teaspoons baking powder, melt butter size of small egg; mix and bake in gem tins, about 15 minutes.

BLUEBERRY MUFFINS

Cream together ¼ of a cupful of butter and ¼ of a cupful of sugar. Add 1 well-beaten egg and beat all together until it is very light. Sift 2 cupfuls of flour with 2 teaspoonfuls of baking powder and add to the first mixture, alternately, with 1 cupful of milk. Beat well, add 1 cupful of blueberries, turn into buttered muffin tins and bake 25 minutes in a moderately hot oven.

ENTIRE WHEAT OR GRAHAM MUFFINS

One cup white flour, 1 cup entire wheat or graham flour, ½ teaspoon salt, 2 tablespoons sugar, 4 teaspoons baking powder, 1 egg, 1¼ cup milk, 2 tablespoons melted butter; mix and sift dry ingredients. Add milk, beaten egg and melted butter. Bake in hot greased gem pans 25 minutes.

CORN MEAL GEMS

One-half cup corn meal, 1 cup flour, 3 level teaspoons baking powder, 2 tablespoons sugar, 1 tablespoon melted butter, ½ teaspoon salt, ¾ cup milk, 1 egg. Mix and sift dry ingredients. Add milk gradually, beaten eggs and butter. Bake in a hot greased gem pan 25 minutes.

POP OVERS

Two cups flour, 2 cups sweet milk, 2 eggs, 1 teaspoon butter, 1 teaspoon salt; bake in muffin tins filled half full 15 minutes in a hot oven.

DRY TOAST

Toast either thick or thin slices of stale bread. Scrape off any burned edges; butter while hot. Serve as quick as possible.

SOFT TOAST

Toast well, but not too brown, medium slices of stale bread; put them on a warm plate, sprinkle with a pinch of salt, and

pour upon them a little boiling water; cover quickly with another dish and drain off the water. Put bits of butter on the toast and serve at once while hot.

MILK TOAST

Toast ½ inch thick slices of bread a light brown. Dip into thickened milk gravy and put into a deep dish and place one slice upon another and pour gravy over it.

Gravy—Boil 2 cups milk, thicken with 1 heaping tablespoon flour and 1 tablespoon butter, salt.

CREAM TOAST

Toast ½ inch thick slices of bread, butter while hot, pour over it hot cream or milk; serve immediately.

SANDWICHES

PLAIN SANDWICHES

Cream bread makes the best sandwiches. Butter while on the loaf, then cut off thin with a sharp bread knife. Butter only one of the two slices of bread. To make very nice cut off all the crust before slicing the loaf and cut into any shape desired after the sandwich is made. Rub the butter to a cream before spreading on the loaf.

LETTUCE SANDWICHES

Take some bread and butter it, lay a piece of lettuce over it, spread mayonnaise or cream or horseradish dressing on the lettuce, lay the other piece of buttered bread on top inverted and cut to the desired shape and size, trim off the crusts.

FRENCH SANDWICHES

Remove the skins from sardines and pick them up fine, add to them some finely chopped ham and some chopped pickle, mix all with mayonnaise dressing and spread between thin slices of bread and butter.

HAM SANDWICHES

Take ½ lb. boiled ham, chop fine, mix with a beaten egg, a little mustard, the less the better, and spread between the bread slices.

NUT SANDWICHES

Chop fine English walnuts and a little raw apple, if liked, mix with cream dressing, spread.

JELLY SANDWICHES

Butter one slice of bread, spread any kind of jelly liked upon the other slice; put together with jelly and butter between. Apple or quince jelly are the best jellies. Honey is good the same way.

SALAD SANDWICHES

Spread chicken salad between slices.

BOSTON BROWN BREAD SANDWICHES

Butter two thin slices, put together.

ONION SANDWICHES

Take thin slices of graham or brown bread and place a thin layer of sliced onions, covered with cream salad dressing, between slices.

TOASTED CHEESE SANDWICHES

Butter thin slices of bread, sprinkle grated cheese over both slices and put together. Cut in half and toast a delicate brown. Serve hot.

CHEESE SANDWICHES

Three tablespoons cream cheese, and ¼ cup walnut meats chopped fine. Mix and spread between buttered slices of bread.

PIMENTO CHEESE SANDWICHES

Use prepared pimento cheese.

DATE SANDWICHES

Butter entire wheat bread, spread with ¼ cup dates and walnut meats chopped fine.

PANCAKES

SUMMER PANCAKES

Two cups sour milk, 2 eggs, salt, 1 teaspoon soda, 2 teaspoons melted butter, flour enough to make a medium thin batter, about 2 cups.

CORN PANCAKES

Make as above, but add some grated sweet corn.

BUCKWHEAT CAKES

One cup milk, 1 cup water, some salt, a cake of yeast, buckwheat flour; scald the milk by pouring on the cup of water boiling hot, dissolve the yeast in it when lukewarm; add the salt and flour, add 1 tablespoon of molasses and let rise over night. After using in the morning, put in a little more water and stir in more flour. Put in enough soda to sweeten it if sour. For the next day's use add to the batter that is left the same ingredients except the yeast, and set away to rise.

PLAIN PANCAKES

Two eggs, a little salt, 2 cups flour, 2 cups milk, 2 teaspoons melted butter, 2 teaspoons baking powder. Bake on hot griddle.

RICE PANCAKES

Make same as above recipe, adding ½ cup cold boiled rice. Bake on hot griddle.

BLUEBERRY PANCAKES

One cup sour milk, ½ teaspoon soda, 1 egg, pinch of salt, 1 cup flour, 1 cup blueberries. Sift soda, salt and flour well together; stir in the sour milk, then the beaten yolk of egg, then the blueberries previously rolled in flour; lastly the beaten white of the egg. Fry on a hot griddle. Eat with or without syrup. For a large family double the recipe.

CORN PANCAKES No. 2

One pint grated sweet corn, 1 cup flour, milk enough to make batter, 1 tablespoon melted butter, 1 egg, 1 small teaspoon baking powder, a little salt. Bake on hot griddle.

CORN GRIDDLE CAKES

Turn 1 cup boiling water or milk on a ½ cup of Indian meal, add 1 cup cold milk or water, ½ cup flour, 2 teaspoons of baking powder, 2 eggs well beaten, and 1 teaspoon salt; bake on a griddle.

FRENCH TOAST

Beat 2 eggs, add 1 cup milk, dip slices of bread quickly into the mixture, wetting both sides, then fry a light brown on a hot buttered griddle. Serve with white sugar syrup.

WAFFLES

Two cups sweet milk, 3 cups of flour, 1 teaspoon salt, 4 eggs, 4 tablespoons melted butter, 3 teaspoons baking powder; add stiffly beaten whites of the 4 eggs last thing, and have waffle iron hot enough, but not to burn. Use ½ of this rule for small family.

FRITTERS

The juice of 2 oranges and the grated rind of 1, 2 eggs, 1 cup milk, 2½ cups flour, 1 teaspoon baking powder, pinch of salt; fry in hot lard; eat with white sugar syrup. To make different fritters, leave out the oranges but take the same batter and stir in pieces of sour apples for apple fritters. For cocoanut fritters stir in desiccated cocoanut. Chopped pineapple stirred in the batter will make pineapple fritters. Sliced bananas will make banana fritters.

GOLDEN HONEY SYRUP FOR PANCAKES

Put 3 lbs. sugar and 1 quart of water in a kettle; boil till a good rich syrup, then take from the stove and add 1 lb. of honey to flavor it; mix well and strain while warm.

WAFFLES FOR THREE PEOPLE

One and two-thirds cups flour, 2 heaping teaspoons baking powder, salt, 1½ cups milk, 2 eggs beaten stiff, 2 tablespoons melted butter. Have waffle iron hot and well greased. Cook 8 to 15 minutes.

DOUGHNUTS

"NEVER FAIL" DOUGHNUTS

Cream 1 scant cup of sugar with butter the size of a hickory-nut; add yolks of 3 eggs unbeaten; and beat with spoon three or four minutes; add 1 cup of sweet milk, a pinch of salt, ½ nutmeg, grated; add flour enough to handle with 3 heaping teaspoons of baking powder, mixed with the first cup.

Cut all out before commencing to fry in deep fat. When fried place on a paper to cool and absorb the fat.

SOUR CREAM DOUGHNUTS

Two-thirds cup sour cream, 1/3 cup sour milk, 2 eggs, 1 cup sugar, 1 teaspoon soda, salt, ¼ teaspoon ginger, ½ nutmeg. Flour enough to roll.

RAISED DOUGHNUTS

Boil 2 potatoes, mash fine, pour boiling water over them until of the consistency of gruel, let cool, add 2/3 yeast cake and a little flour. Let rise till light then add ½ pint sweet milk, 1 cup sugar, 1 heaping tablespoon lard (not melted), salt, cinnamon, nutmeg to taste; stir in flour till stiff; let rise again, then add ¼ teaspoon soda dissolved in a little water. Pour out on moulding board, mix stiff, roll and cut out and let them rise on board until light, then fry in hot lard. They will take a little longer to fry than common doughnuts.

TRIFLES

Three eggs, 3 tablespoons pulverized sugar, 3 tablespoons melted butter, ½ teaspoon baking powder, flavor with lemon; flour enough to roll; cut and fry in hot lard like doughnuts.

CRULLERS

Cream ¼ cup butter and 1 cup sugar, add 2 egg yolks, 3 cups flour, 3 teaspoons baking powder, a little salt, 1 teaspoon vanilla, ½ teaspoon cinnamon, ½ teaspoon nutmeg, 1 cup milk. Mix

thoroughly and fold in the beaten whites of 3 eggs, add flour if necessary to roll out thin. Cut in oblongs and cut gashes through center lengthwise, put fingers in to separate. Fry in deep hot fat, drain and roll in powdered sugar.

COOKIES

GINGER COOKIES

One cup butter, 1 cup molasses, 1 cup sugar, 2 tablespoons milk, 1 egg, 2 teaspoons soda, 1 teaspoon ginger, flour enough to roll, not hard; sprinkle with sugar before baking; roll thin.

GINGER SNAPS

Two cups molasses, 1 cup lard, 1 teaspoon salt, 2 teaspoons soda; place on fire and boil up once, then add enough flour to stiffen; 1 teaspoon ginger; roll thin.

SUGAR COOKIES

Three eggs, 2 cups sugar, 1 cup butter, 2/3 cup milk, 3 teaspoons baking powder, cream butter and sugar, add eggs, then add milk, flavor with lemon, stir in flour, sprinkle with sugar before baking.

COCOANUT COOKIES

One cup butter, 2 cups sugar, ½ cup milk, 1 cup desiccated cocoanut, 1 teaspoon baking powder, flour to roll; add a little lemon extract if wished.

OATMEAL COOKIES

One cup sugar, 1 cup lard, 2 eggs, 7 tablespoons milk, ¾ teaspoon soda, 1 teaspoon cinnamon, ½ teaspoon cloves, ½ nutmeg; ½ teaspoon salt, 1 cup raisins, 2 cups Quaker Oats, 2 cups white flour. Drop in greased pan, 1 teaspoonful at a time; bake in rather hot oven.

FRUIT COOKIES OR HERMITS

Three cups brown sugar, 1 cup butter or ½ cup drippings; beat well together; 1 cup of sour milk with 1 teaspoon soda, 4 eggs well beaten; 1 teaspoon cloves, 2 teaspoons cinnamon, 1 teaspoon nutmeg, 2 cups raisins seeded and chopped a little. Flour enough to make a stiff batter that will drop off a spoon. Bake in a quick oven.

DROP COOKIES

One cup sugar, 1 cup molasses, 1 cup butter, 1 cup boiling water, put on the stove and melt all together. When cool add 2 even teaspoons soda, 1 egg, spice to taste, 4½ cups flour, take ½ tablespoon, drop on buttered pan and bake.

SPONGE COOKIES

One cup sugar, 2 eggs, a little salt, 2 teaspoons lemon juice, 2 teaspoons baking powder, flour; drop on tin from spoon; add a little lemon extract if wished. Bake quickly.

SALADS

One's own ingenuity will suggest to one how to invent different kinds of salads from vegetables left from dinner. Cut up beets and celery, butter beans are good on lettuce with dressing. Chopped celery, olives, pickles, nuts, apples and so on for variety.

PLAIN LETTUCE SALAD

Slice hard boiled eggs, place on lettuce leaves on each plate; pour over it either cream or French dressing as liked or serve with vinegar and sugar.

MIXED SUMMER SALAD

Cut up 1 cucumber, ½ dozen small radishes and a few slices of young onions, place upon lettuce leaves on each plate a portion of the mixed cucumbers and radishes and cover with either cream salad dressing or French dressing.

CHICKEN SALAD

Chop the white meat of chicken or cut with a knife or pick in small pieces with the fingers. The dark meat can be used but is not as delicate as the white meat. Mix the chicken with as much celery after it is cut up. Mix thoroughly with cream salad dressing, serve on lettuce leaves; serve as soon after putting on the salad as possible.

CELERY AND EGG SALAD

Cut up celery into small pieces, chop the whites of hard boiled eggs, mix same as cabbage salad. Serve immediately so the celery will be crisp and fresh.

TOMATO SALAD No. 1

Peel and slice ripe tomatoes, serve on lettuce leaves, pour over the slices the cream salad dressing.

TOMATO SALAD No. 2

Peel ripe tomatoes, scoop out the inside with a silver spoon, fill center with chicken and celery mixed with the inside of tomatoes or with nuts and celery. Pour over cream salad dressing, serve on lettuce.

TOMATO JELLY SALAD

In a sauce pan put ½ a can of tomatoes, 1 bay leaf, 4 cloves, 1 blade of mace, ½ teaspoon of salt, ¼ teaspoon of paprika or the same amount of white pepper and 10 drops onion juice. Simmer for 15 minutes and press through a fine sieve. Add 1/3 box of gelatin which has been soaked in 1/3 cup of cold water and stir until dissolved. Add 2 tablespoons of tarragon vinegar and pour into wet moulds. When firm serve on lettuce leaves and garnish with mayonnaise.

DATE SALAD

Four or five leaves of lettuce, ¼ lb. dates, ¼ lb. blanched almonds. Break the lettuce in small pieces and mix with the dates and nuts chopped. Pour over it French dressing.

PINEAPPLE SALAD

One can sliced Hawaiian pineapple, arrange 1 slice on a plate of schredded lettuce. Take 2 cakes of Philadelphia cream cheese, mash until smooth like a paste, with French dressing. Take ½ of this mixture and spread on the slices of pineapple. Take the other ½ and beat in 1 pint of whipping cream, sweetened and not whipped very stiff. Pile this on top of salad, adding dash of paprika if liked.

PINEAPPLE AND TOMATO SALAD

One slice of canned pineapple served on lettuce leaf and 1 slice of tomato upon the pineapple. Heap cream salad dressing with more whipped cream in the dressing than usual on the top.

POTATO SALAD

One quart of boiled potatoes cut in dice, 2 stalks celery cut in small pieces, 1 small onion chopped or slice onions without celery; 3 hard boiled eggs, sliced; mix with cream salad dressing, serve very cold on lettuce.

GERMAN POTATO SALAD

Sliced boiled potatoes, and raw onions; fry slices of bacon (3 or 4), cut up into small pieces. Pour over all ½ cup vinegar, ½ cup water, 3 tablespoons sugar, salt and pepper to taste, boiled together, and stir through the salad. Add cucumbers or radishes or both if wished.

WALDORF SALAD

One-half pint walnuts cut into little pieces, ½ pint celery cut into dice, 1 pint apple dice; mix all together, mix with cream dressing, serve cold on lettuce leaves.

FISH SALAD

Cut in small pieces cooked white fish or trout or canned salmon; mix with lettuce picked or cut in small pieces. Mix with cream salad dressing, serve immediately when ready.

A GOOD SALAD

A few lettuce leaves, 4 slices of cucumber, 3 slices of onion, 1 slice of tomato on top. Use French dressing or vinegar and sugar and salt alone.

LOBSTER SALAD No. 1

Cut lobster in good sized pieces. Chop hard boiled eggs rather fine, 1 teaspoon of onion and parsley minced fine. Serve with French dressing or cream dressing.

LOBSTER SALAD No. 2

Three cups of cold boiled or canned lobster or use ½ celery and ½ lobster. Stand in French dressing for ½ hour. Mix with a little mayonnaise dressing. Put on lettuce and pour on the rest of the dressing.

CABBAGE SALAD

About an hour before using, shave fine sufficient cabbage to be covered by the dressing; put it on ice to crisp. Just before using, salt and pepper the cabbage, mixing it well; then add the cold dressing, thoroughly mixing, and serve. Mix with boiled dressing.

COMBINATION FRUIT SALAD

Use grapefruit, apples or oranges, bananas, grapes and pineapples or grapes, nuts and celery, or any fruits and nuts desired. To be served with cream dressing, mayonnaise or boiled dressing. Omitting vinegar in dressing, using lemon juice instead.

GELATIN SALAD

Make 1 quart of Lemon Jelly. When it begins to thicken add pinch of salt ½ cup chopped celery; 2 tablespoons chopped green peppers; ½ cup shredded cabbage; 1 dozen chopped olives; 2 pimentos, or use any of the combination fruit salads.

Put in square pan and, when thoroughly chilled, cut in slices, or mold in individual cups and serve with mayonnaise on lettuce leaves with a few slices of radishes.

CREAM SALAD DRESSING

Yolks of 5 eggs, 5 tablespoons vinegar, 1 teaspoon butter, 1 teaspoon salad seasoning, (mustard, pepper and salt) a little cayenne pepper if wished, juice of ½ a lemon, ½ pint of whipping cream. Beat yolks till thick; put vinegar and 2 tablespoons sugar on to boil, add yolks, stir quickly till like custard, take from stove and add butter and seasoning. Put away when cool in ice chest, it will keep several days. When needed to serve whip cream and stir into the dressing and pour over the salad and mix well.

A good way to use up yolks of eggs left over from white cake is to cook with vinegar in proportion of 1 tablespoon of vinegar to 1 yolk. A quantity of this can be kept in the ice chest a long time; use as needed. Never save it when it has been mixed with cream, it is often poison to people.

FRENCH DRESSING

One tablespoon lemon juice, 3 tablespoons salad oil, ½ teaspoon salt, ¼ teaspoon pepper. Put a slice of onion into the bottom of a bottle, pour in the rest and shake thoroughly.

MAYONNAISE DRESSING

Put the yolks of 4 eggs with 2 hard boiled ones into a cold bowl, rub these together as smooth as possible before mixing with the oil. A good measure of oil is 1 tablespoonful to each

yolk of raw egg. Beat into the yolks of eggs the oil drop by drop vigorously. When all the oil is used and has the appearance of jelly add 1 teaspoonful of salt, ½ teaspoon of pepper, ½ teaspoon of mustard. Never add salt and pepper before the oil is used. Add gradually 2 tablespoons vinegar. This salad dressing should be placed in a bowl set in cracked ice while beating. If it looks curdled it is too warm and should be made cold, then mix again. Never mix with the salad till ready to serve. Whipped cream can be added if wished.

SALAD SEASONING

One teaspoon salt, ½ teaspoon mustard, ⅛ teaspoon cayenne pepper, ¼ teaspoon white pepper, mix a quantity of the mixture in those proportions and keep to use when making salad dressing so as to have always ready.

CREAMED OR BOILED DRESSING

Yolks of 2 eggs, 2 tablespoons softened butter, 3 small tablespoons sugar, ½ teaspoon salt, ¼ teaspoon mustard, 1 rounding tablespoon flour, 1 pinch cayenne pepper.

Mix all together in double boiler and stir or beat well together. Then add ¾ teacup of cream, or cream and milk. Mix well, then add ½ cup of good vinegar. Then cook slowly in double boiler, stirring constantly until consistency of good cream, and let it cool.

This dressing can be made in same proportions in larger quantities; will keep for a fortnight, in glass jars; and will serve other purposes, by adding whipped cream.

CAKES

GENERAL DIRECTIONS

Measure everything carefully. Powdered sugar makes a lighter cake. Flour differs in thickening qualities. You have used too much flour when the cake rises, cracks and remains so. The oven can wait for the cake but the cake can never wait for the oven. Cakes with butter require a quick oven; without butter a moderate oven. Never move the cake or shake the oven before the center is set. Don't take a cake out unless surely done. Run a broom splint through the center, if no dough adheres it is done. Or put your ear to the cake, if it ticks loudly put it back; if very faint it is done. When done, turn out gently on a cloth or sieve to cool.

The word "cup" in this book means a common tea cup, holding ½ a pint. When in doubt use your judgment.

In mixing a cake bring all the materials to the table; be accurate in measuring, a spoonful means as much rounded over the top as the spoon bowls underneath; never use a tin dish or metal spoon when mixing as the tin discolors the cake. Creaming the butter makes the cake more delicate than melting it. Fine grained cake can only be made by long beating. Put the whites in last and never beat the cake again after the whites are in. Always cream the butter and sugar together first, add the beaten yolks, then the milk, the flavoring, then the flour, beat vigorously and lastly stir in the whites.

Always rub flour on fruit or nuts when putting them into a cake and add to the cake just before the whites are put in. Always sift baking powder into the flour. Baking is more important than the mixing. Too cool an oven makes the cake coarse; too much baking will also make it coarse. Layer cakes require a hotter oven than a loaf cake. Sponge cakes require a cool oven. A piece of wrapping paper should turn golden brown in oven in 5 minutes for loaf cakes, then slightly increase the heat after the cake is well risen. For layer cakes the paper should brown in 4 minutes, and for angel food or sponge cake in 7 minutes.

If the cake seems to bake too fast place some brown paper over the cake. A small dish of hot water placed in the oven

will prevent it from scorching. Never look at a cake for at least 5 minutes after it is in the oven as the cold air will cause it to fall. Grease your pan with lard then dredge it with flour, shake it out so as to leave a thin coating. Never grease your angel food tin, a piece of paper may be placed in the bottom of the pan. For baking an angel food the oven should be just warm at first and then increase the heat after the cake has risen to the top of the pan. Cake pans should be filled nearly 2/3 full.

ANGEL FOOD No. 1

Whites of 9 large fresh eggs, 1½ cups of sugar; 1 cup of flour, ½ teaspoon cream of tartar, pinch of salt added to eggs before beating, measure, sift the flour and sugar and set aside. Beat whites about ½ then add cream of tartar and then beat stiff, then add gradually the flour and sugar by folding in not beating. Flavor with lemon, vanilla, and a very little almond extract. Bake 50 minutes, put basin of hot water in oven while cake is baking; the oven must be very slow. Frost when cold.

ANGEL FOOD No. 2

One large tumbler of flour, 1½ tumblers fine granulated sugar, 1 even teaspoon cream of tartar, a little salt; sift the flour and sugar 4 times, whites of 11 eggs, bake very slowly about 45 minutes; paper the bottom of the pan exactly to fit; grate a little lemon rind, squeeze in 1 tablespoon lemon juice, ½ teaspoon vanilla, 2 drops extract of almond; bake in angel food tins.

Frosting for Same—One and one-half tumblers granulated sugar, ½ tumbler water, whites of 2 eggs, ½ teaspoon vanilla, a little citric acid; a little rose and almond added improves the flavor.

SUNSHINE CAKE No. 1

Whites of 7 eggs, yolks of 5, 1 cup of granulated sugar, 2/3 cup of flour, 1/3 teaspoon cream of tartar, pinch of salt; measure, sift and set aside flour and sugar; beat yolks of eggs thoroughly, then beat the whites about half, then add cream of tartar, beat stiff. Stir in sugar lightly then the yolks, then the flour, flavor to taste. Bake in Angel Food tins and bake about 40 minutes in a moderate oven. Put basin of hot water in oven while baking.

SUNSHINE CAKE No. 2

Make same as Angel Food No. 2 with the addition of the yolks of 6 eggs.

TO MIX SPONGE CAKES

Beat the whites of the eggs very stiff, and the yolks until thick. Use an egg whisk instead of a Dover beater and they will be lighter on account of air bubbles. Sift the sugar into whites and keep beating. Add egg yolks and the flavoring and keep beating. Fold in the flour carefully but do not beat after the flour is stirred in or the cake will be tough.

SUNSHINE CAKE

Four whole eggs and the whites of 3 more, 1½ cups fruit sugar, ½ cup water, 2 cups flour, 1 heaping teaspoon baking powder, ¼ teaspoon cream of tartar, 1 teaspoon lemon extract, a little salt. Beat yolks, sugar, water all together very briskly with egg whisk for 10 or more minutes, then add the whites beaten very stiff, add flavoring. Fold flour in lightly. Bake slowly 45 minutes.

MOUNTAIN CAKE (Standard rule for all cakes)

One cup sugar, 1-3 cup butter, creamed, add 2-3 cup milk, 2 small cups flour, 2 teaspoons baking powder, 2 eggs, flavor and bake in layers or loaf.

DATE CAKE

One cup of dates cut up fine and put into 1 cup hot water. Add 1 teaspoon soda, let cool. Take 1 cup sugar and butter size of an egg, cream together. Add dates and 2 cups flour, 1 cup chopped nuts, 1 teaspoon vanilla. Put in square tin and bake.

CHOCOLATE BUTTER FROSTING

Two cups powdered sugar, 3 tablespoons cocoa, ¾ cup melted butter. Stir together and add enough cream to moisten. Flavor with vanilla.

LEMON SPONGE CAKE No. 1

Into a level cup of flour put a level teaspoonful of baking powder, sift it. Grate off the yellow of a rind of lemon; separate the whites from the yolks of 4 eggs. Measure a scant cup of white granulated sugar and beat it to a cream with the yolks, add 3 tablespoons water then add the grated rind and a tablespoon of lemon juice. Stir until thick and creamy; now beat the whites to a stiff froth, then quickly and lightly mix without beating a third of the flour with the yolks, then a third of the whites, then more flour and whites until all are used. The mode of mixing must be very light, rather cutting down through the cake batter than beating it. Beating the eggs makes them light; beating the cake makes it tough. Bake it immediately until a straw run into it can be withdrawn clean. This recipe is especially nice for Charlotte Russe, being so light and porous.

SPONGE CAKE No. 2

One teacup sugar, 1 teacup flour, 1 tablespoon milk with the yolks and sugar, 1 teaspoon baking powder, 3 eggs, 1 teaspoon lemon.

SIX EGG SPONGE CAKE No. 3

One cup sugar and 3 tablespoons cold water boiled together until clear; 6 eggs, yolks and whites beaten separately and then stirred together, after which stir in the boiling syrup; add 1 cup flour and 1 teaspoon baking powder; flavor to taste; do not grease your tin but rub it with paper; bake about 40 minutes; turn the tin over, letting the corners rest on something that will let the air under.

DELICATE SPONGE CAKE No. 4

Cup of sugar, 4 tablespoons of water, a pinch of salt, 3 eggs, ½ teaspoon vanilla, ½ teaspoon lemon, 1 cup patent flour. Cook sugar and water together until it begins to thread; turn the hot syrup slowly into the well beaten whites of the eggs, beat while pouring in the syrup and for 15 minutes afterwards then add salt, vanilla and the well beaten yolks, beat all together thoroughly and cut in gently the sifted flour. Bake in a moderate oven about 40 minutes.

PHILADELPHIA SPONGE CAKE No. 5

One cup pulverized sugar, 1 cup flour, 1/3 cup milk, 3 eggs, 1½ teaspoons baking powder. Beat the whites and yolks of eggs thoroughly and separately; add the white last; flavor to taste. Bake in a moderate oven.

WHITE SPONGE CAKE

Whites of 6 eggs, 1 cup powdered sugar, 1 cup flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Sift sugar and flour together three times with the baking powder; beat the whites of eggs to a stiff froth, add to the cake last, then the vanilla. Bake slowly.

ROLL JELLY CAKE

Three eggs beaten light, 1 cup sugar, 1 cup flour sifted with 2 medium teaspoons baking powder, ½ cup water. Bake in thin sheets in large dripping pan. Take out on damp towel, spread with any desired jelly (grape jelly is good), roll while hot. Sprinkle with powdered sugar.

LIGHTNING CAKE

Put 1½ cups of flour, 1 cup sugar, 1 level spoon baking powder in a mixing bowl. Take tin measuring cup, melt 1/3 full butter, drop 2 eggs into the cup, fill up with milk. Then turn into flour gradually, beating all the while till well stirred up. Flavor to suit.

Add nuts or raisins and spices as wished. Frost as liked. Makes good layer cakes.

WHITE CAKE FOR LAYER CAKE

(Any cake desired can be used in layers)

Whites of 6 eggs, 1/3 cup of butter, ½ cup of milk, 1½ teaspoons of baking powder, vanilla, 2 cups of flour, 1 cup powdered sugar, white boiled frosting between the layers, filled with cocoanut, nut meats, figs, raisins, etc.

NEW YORK IVORY CAKE

Whites of 5 eggs, 1 cup of sugar, 2¼ cups of flour, ½ cup of butter, ½ cup of milk, 1½ teaspoons baking powder. Flavor with vanilla.

FEATHER CAKE No. 1

One egg, 1 cup sugar, 1 tablespoon cold butter, ½ cup of milk, 1½ cups flour, 1½ teaspoon baking powder, flavor to taste. A nice plain cake to be eaten while fresh.

FEATHER CAKE

Cream ¼ of a cupful of butter, gradually add 1 cupful of sugar, ½ a cupful of milk, and 1½ cupfuls of flour, mixed and sifted with two teaspoonfuls of baking powder; fold in the stiffly beaten whites of 2 eggs and add ¼ of a teaspoonful of vanilla. Bake 40 minutes in a moderate oven. Cover with white frosting.

ONE EGG CAKE

One cup sugar, butter size of an egg, cream together, add 1 well beaten egg and 1 cup milk, 2 cups flour sifted with 2 teaspoon baking powder. Flavor to taste.

ENGLISH WALNUT CAKE

Bake a good white cake in a square tin. Frost the cake thickly. Press into the frosting walnut meats, 2 or 3 in a place, so as to cut the cake into squares.

LADY CAKE

One cup sugar, 1 cup flour, nearly ½ cup butter, whites of 5 eggs, flavor with almond and bake in flat pans.

DELICATE TEA CAKE

Whites of 3 eggs beaten to a stiff froth, 1 cup white sugar, ½ cup butter, 1 cup sweet milk, 2 cups flour, 2 teaspoons baking powder, flavor with vanilla.

WHITE MOUNTAIN CAKE

The whites of 4 eggs, 1½ cups sugar, ½ cup butter, 2/3 cup sweet milk, 3 teaspoons baking powder, 2 cups flour, flavor to suit the taste. A good standard rule for layer cake; ½ of rule for small cake.

The Frosting—Whites of 2 eggs, a teaspoonful of lemon extract, pulverized sugar to thicken.

QUICK COFFEE CAKE

One cup flour, ½ cup sugar, 3 teaspoons baking powder, ½ teaspoon salt, ½ teaspoon cinnamon, mix. Add ½ cup sweet milk, 1 well beaten egg, 4 tablespoons melted butter. Spread in shallow pan, sprinkle thickly with sugar, cinnamon and chopped nuts. Bake in quick oven and serve hot.

WHITE LOAF CAKE

One cup granulated sugar, 1/3 cup butter, whites of 3 eggs, well beaten; ½ cup milk, ½ teaspoon vanilla, few drops almond flavoring, 1¾ cups flour, 2½ level teaspoons baking powder. Beat well. Bake 1 hour in slow oven. Fine for layer cake.

CREAM NUT CAKE

One cup sugar, 1/3 cup butter, ¾ cup milk, 2 cups flour, 1½ teaspoon baking powder, whites of 4 eggs, beaten to a stiff froth, and added last. Flavor. Bake in 3 round tins in hot oven. (See filling for Cream Nut Cake.)

SOUR MILK CAKE

One and one-half cups sugar, 2 eggs, 3 level tablespoons soft butter, 1 level teaspoon soda, 2/3 cup sour milk, 1 full teaspoon baking powder, 2 cups flour, vanilla. Take out 2 layers and into the remainder put 1 tablespoon molasses, 1 teaspoon cinnamon, little nutmeg and cloves. Makes 3 layers in good sized square tins.

Cream for filling—1 egg, 1 tablespoon flour, ½ cup sweet milk, 1 tablespoon sugar, cook and add a few nuts and raisins chopped.

COCOANUT PUFFS

One cup desiccated cocoanut; ½ cup powdered sugar, whites of 2 eggs, 1½ tablespoons flour, drop on buttered tins and bake quickly. Flavor vanilla.

HICKORY NUT PUFFS

Two tablespoons flour, 2 oz. melted butter, 2 oz. sugar, whites of 2 eggs, 2 oz. nut meats chopped, 1 small teaspoon baking powder; drop on buttered tins and bake quickly.

SPONGE DROPS

Three eggs, ½ cup pulverized sugar, pinch of salt, ¼ teaspoon vanilla, ½ cup flour. Beat the yolks till thick and creamy; add salt and the flavoring and sugar; beat just enough to mix the sugar with the yolks, fold in the stiffly beaten whites and lastly cut the flour carefully in. Drop the mixture from tip of spoon on ungreased tin sheet. Sprinkle with pulverized sugar and bake in moderate oven about 8 minutes. Put together in pans with jelly or icing between.

LADY FINGERS No. 1

Four tablespoons sugar mixed with the yolks of 4 eggs, 4 tablespoons flour, 1 teaspoon lemon, beat 4 whites to a stiff froth and stir in. Bake 20 minutes in lady finger tins in a slow oven. Flavor lemon.

LADY FINGERS No. 2

Beat 10 eggs and 1 lb. powdered sugar very light, add 1¼ lbs. flour, sifted with teaspoon baking powder. A teaspoon of batter will make a "finger" in agate pan. If you have no pan press through a paper funnel on paper in biscuits 3 inches long and ½ inch thick. Sift powdered sugar over and bake slowly. Fine when fresh and excellent in Charlotte Russe and other desserts. Flavor lemon.

BOSTON MADELAINES

One and one-half cups pulverized sugar ½ cup flour ½ cup corn starch, 1/3 cup butter, 2/3 cup milk, 2 teaspoons baking powder, yolks of 8 eggs; flavor with orange and vanilla or vanilla and almond. Cream sugar and butter then add the yolks beaten very stiff. Put the milk into the bowl and stir around to get all the egg, then add it to the butter, eggs and sugar, then stir in the flour, then the baking powder then the corn starch, flavor. Bake in small tins. Cover when done with a boiled frosting.

GOLDEN LOAF

Yolks of 8 eggs, 1 cup granulated sugar, scant ½ cup butter, ½ cup milk, 1½ cups flour, 2 teaspoons baking powder. Cream the butter and sugar, beat yolks stiff, then beat in the butter and sugar, then the baking powder, milk and the flour, flavor to taste. Bake in moderate oven.

POUND CAKE

One lb. sugar, ¾ lb. butter, beaten to a froth, 8 eggs, yolks and whites beaten separately, 1 lb. sifted flour; stir all together 30 minutes or longer; flavor to taste.

SUNNY SOUTH CAKE

One-half cup butter, 1 cup sugar, 3 cups flour, yolks of 5 eggs, 1½ teaspoons baking powder; flavor with lemon.

RICH CUP CAKE

Three cups sugar, 1 cup of butter, 1 cup of sweet milk, 5 cups flour, 4 eggs, 2 teaspoons baking powder, 2 cups raisins, 1 cup citron; keeps a long time.

CUP CAKES

One cup of sugar creamed with ½ cup butter or butter and lard mixed. Add yolks of 2 eggs, beat. Add ¾ cup milk, 2 full cups flour, 2 teaspoons baking powder, and the whites of 2 eggs beaten with a pinch of salt. Add teaspoon of vanilla or lemon. Put just a little in each cup or gem tin.

PORK CAKE

One lb. salt pork, chopped fine, 1 lb. seeded raisins, chopped, 2 cups sugar, 1 cup molasses, 1 teaspoon soda, season with nutmeg, cloves, cinnamon, salt. 1 pint boiling water, add chopped pork, flour enough to make as stiff as any fruit cake—about 6 cups. Bake very slow.

LADY WASHINGTON PIE

One-third cup butter, 1 cup sugar, 2 eggs, ½ cup milk, 1¾ cups flour, 2½ teaspoons baking powder. Cream the butter, add the sugar gradually and egg well beaten. Mix and sift the flour and baking powder. Add alternately with milk to first mixture. Bake in round layer cake tins. Put raspberry jam or jelly between the layers and sprinkle the top with powdered sugar.

BOSTON CREAM PIE

Cream—Put 1 pint of milk on to boil, break 2 eggs into a dish, add 1 cup sugar and 1 cup flour previously mixed; after beating well stir into the milk when commencing to boil; add 1 tablespoon butter, stir one way until it thickens. Stir fast, be careful not to let it burn. When cool flavor with vanilla or lemon.

Cake or Crust—3 eggs beaten separately, 1 cup granulated sugar, 1½ cups flour, 1 heaping teaspoon baking powder, ½ cup milk; bake in 2 medium sized pie tins; when done and cool split in half with a broad, sharp knife and spread the cream between each. Sprinkle over with powdered sugar through a sieve. Spread sweetened whipped cream over the top in fancy waves and scallops if desired and serve with rich strawberry sauce or fresh berries in season pressed down into cream.

HICKORY NUT CAKE

One and one-half cups sugar, 2 cups flour, 1 cup raisins, 1 cup sweet milk, 1 cup hickory nuts, 2 tablespoons melted butter, 2 eggs, 1½ teaspoons baking powder. Flavor.

ALMOND CAKE

One and one-half cups sugar ½ cup butter, 2 cups flour, 1 cup almonds, whites of 4 eggs, ¾ cup sweet milk, 1½ teaspoons baking powder; bake on square tins. Flavor.

WHITE FRUIT CAKE

One cup butter, 2 cups sugar, 2½ cups flour, whites of 7 eggs, 2 teaspoons baking powder, 1 lb. each of figs, raisins, dates, blanched chopped almonds and ¼ lb. citron. Chop all fine, seed the raisins, flour them well. After mixing cake add fruit last. This makes a large cake and should be baked very slowly.

ORANGE JELLY CAKE

Four eggs, leave white of 1 out for frosting, 1 cup of sugar, 1 cup of flour, butter size of a walnut, 1½ teaspoons baking powder, 3 tablespoons of milk, flavor to taste, bake in layers. Jelly:—Grated rind and juice of one orange, 1 cup of water, 1 cup of sugar, 2 tablespoons of flour; put sugar and water on

the stove to boil; use a little of the water to moisten the flour, then thicken the rest; add grated yellow of rind and the juice; spread between layers when cold. Frost cake with the 1 white and 9 heaping teaspoons of powdered sugar

FIG LAYER CAKE

Cream 1 cup of sugar and 1/3 cup of butter till very light; add 3 eggs without separating, beating 5 minutes between adding the first 2 eggs and 10 minutes after adding the last egg. Add 1 teaspoon vanilla and ½ cup of milk. Sift twice 2 cups pastry flour with 2 even teaspoons of baking powder; add to the batter and beat vigorously until light and smooth. Pour into 2 layer cake tins and bake in a quick oven 25 minutes. When done cool and fill with fig paste.

The fig paste—Chop 1 lb. of figs very fine, add 1 cup of boiling water, ½ cup of sugar and juice of ½ lemon.

CHOCOLATE CAKE

One cup milk, 1 cup sugar, 2 cups flour, 1 tablespoon butter, 2 teaspoons baking powder, 2 eggs beaten separately, ½ cake Baker's chocolate grated, or 4 tablespoons cocoa, ½ cup milk, scant, heat with chocolate until smooth like paste, add the 1 cup sugar, let it cool slightly, then stir into the rest of the cake. Bake in layers, white frosting between, and on the top of cake. Flavor vanilla.

DEVIL'S FOOD LAYER CAKE

Two cups sugar, ¾ (scant) cup butter, 3 eggs, 3 heaping tablespoons cocoa, ½ cup sour milk, ½ cup boiling water, 1 level teaspoon baking soda, 1 rounding teaspoon baking powder, 1 teaspoon cinnamon, ½ teaspoon each cloves and allspice, 2¼ cups pastry flour.

Pour boiling water (½ cup) over cocoa and soda, dissolve and let cool, while mixing other ingredients. Cream butter to a waxy consistency, gradually beating in the sugar. Beat in 1 egg at a time, whole, and until the grain of the sugar entirely disappears. Then add spices, sour milk, cocoa, soda, and water mixture, flour and baking powder; spices may be omitted. Use chocolate fondant filling.

BLUEBERRY GINGERBREAD

One cup molasses, 1 cup sugar, 2 eggs, ½ cup shortening, (butter and lard), 1 cup sour milk, 1 teaspoon soda, 1 teaspoon baking powder, ginger and cinnamon as liked, ¼ teaspoon salt, 4 cups flour. When blueberries are in season add 2 cups of the berries rolled in flour. Cream the sugar and shortening together; stir the sour milk and molasses together, stir in the creamed butter and sugar, add salt and spice, then the flour, then add the eggs beaten, lastly stir in the berries; put in large dripping pan; bake slowly in medium hot oven. Bake 45 minutes. Use, leaving out the blueberries makes a fine ginger bread.

CREAM PUFFS

One cup water, ½ cup butter, 1 cup flour, 3 eggs; boil water and butter, stir in flour dry, when cooked let it cool, then stir in the eggs 1 at a time unbeaten. Drop on tin and bake in a moderate oven about 30 minutes. When done cut open at top and fill with cream.

Cream—Two cups milk, 2 eggs, heaping tablespoon flour, 1 cup sugar, flavor vanilla or lemon.

BOSTON CREAM CAKES

Put into a large sauce pan ½ cup of butter, 1 cup hot water, place over fire, when it begins to boil turn into it 1 pint sifted flour at once, beat and work it well with a vegetable masher until it is very smooth; take from fire and when cool enough add 5 eggs well beaten separately, first the yolks and then the whites, also ½ teaspoon soda and 1 teaspoon salt. Drop on buttered tins in large spoonfuls about 2 inches apart. Bake in a quick oven about 15 minutes; when done and quite cold open them on the side with a knife or scissors and fill with as much custard as possible.

Custard For Filling—Use 2 eggs, 3 tablespoons of sifted flour, 1 cup of sugar. Put 2/3 of a pint of milk over the fire in a double boiler; stir the sugar, flour and beaten eggs into 1/3 of a pint of milk, as soon as milk boils pour in the mixture and stir briskly for 3 minutes until it thickens; remove from fire and add 1 teaspoon of butter; when cool flavor with vanilla or lemon.

CHOCOLATE ECLAIRS

Make the same as Boston cream cakes, spread it upon buttered pans in oblong pieces about 4 inches long and 1½ inches wide; lay about 2 inches apart; bake about 20 minutes, as soon as baked ice with chocolate icing. When they are cold split them on one side and fill with the same custard as Boston cream cakes.

WEDDING CAKE

One lb. flour, 1 lb. sugar, 1 lb. butter, 12 eggs, 2 lbs. currants, 2 lbs. raisins, ¼ oz. cloves, 1 oz. cinnamon, ½ oz. each of allspice and nutmeg, 1 lb. citron, 1 lb. blanched almonds chopped coarse, 1 cup molasses, 1 wine glass of wine or brandy, 1 teaspoon soda; stone raisins, wash and dry the currants, cut the citron fine, blanch the almonds and chop coarsely, roll fruit in flour and shake on a sieve to get off superfluous flour; cream butter and sugar, beat eggs light, put soda in molasses, stir well, add butter and sugar then the flour, last the eggs; then add fruit to cake. Paper sides and bottom of cake pans, bake in a slow oven about 2 hours or until well done.

SOFT GINGERBREAD

One-half cup molasses, ½ cup sugar, ½ cup sour milk, ¼ cup butter, 2 eggs, 1 teaspoon soda, (do not heap spoon), 1 teaspoon ginger; flour enough to make as thick as common cake. By putting less ginger and adding cinnamon, nutmeg and lemon it makes a nice spice cake and you can add fruit if you choose.

GRANDMA'S GINGERBREAD SQUARES

One pint molasses, 1 cup sweet milk, 1 cup butter or lard, salt, 1 teaspoon soda, 1 tablespoon ginger. Mix very soft and roll about ½ inch thick; cut in squares and bake in dripping pan.

FOURTH O' JULY GINGERBREAD

Cream together ½ cup butter and 1 cup sugar, add ½ cup molasses, ½ cup milk, ¼ teaspoon soda, ⅛ teaspoon salt, 1 beaten egg, 1 teaspoon ginger and flour enough to make a stiff batter with 2 teaspoons baking powder sifted in it. Divide the dough and place in well greased tins and mark in squares. Bake in moderate oven.

CHOCOLATE COFFEE CAKE

One cup sugar, ½ cup butter, 2 eggs, ½ cake chocolate dissolved in ½ cup strong coffee, ½ teaspoon soda, 1½ cups flour, 1½ teaspoons baking powder.

BROWN CAKE

Yolk of 1 egg, a little milk and some grated chocolate. Boil together to make a custard, cool, beat 2 eggs into 1 cup sugar and ½ cup of butter well creamed together. Add 1 cup sour milk and 1 level teaspoon soda. Stir in 2 cups flour. Flavor vanilla.

BROWN CAKE

Two cups brown sugar, ¾ cup butter, 1 cup sour milk, 1 teaspoon soda, yolks of 4 eggs, white of 1, 3 teaspoons cinnamon, 1 teaspoon cloves, 1 teaspoon allspice, 3 cups flour. Bake in layers.

Filling—One cup sugar, boil with a little water until it will hair, pour slowly on the beaten whites of three eggs, 1 teaspoon vanilla. Spread between the layers and on top of the cake.

COFFEE CAKE

One cup cold coffee, 1 cup sugar, 2 eggs, 1 cup molasses, 1 cup raisins, ½ cup butter, 1 teaspoon soda, 5 cups flour, ½ teaspoon each of allspice and cinnamon, a pinch of cloves. Mix coffee and sugar, stone the raisins, dissolve the soda in a little water, beat eggs light, stir the soda into the molasses, add the coffee and sugar and spices, stir in the flour, add the fruit last rubbed in a little of the flour. Paper the bottom of pan; bake slowly for about an hour.

RAISIN CAKES

One cup sugar, 2/3 cup butter, 1 cup molasses, 1 cup sour milk, 1 cup chopped and seeded raisins, 3 eggs, 1 teaspoon soda, 4 cups flour, ½ teaspoon cinnamon, ¼ teaspoon cloves, ¼ teaspoon allspice, ½ nutmeg; bake in gem tins; frost white.

SPICE CAKE

One-half cup butter, 1½ cups sugar, 2½ cups of flour, 1 cup raisins, 1 teaspoon soda, 1 cup sour milk, 3 eggs, 1 teaspoon cinnamon, ½ teaspoon cloves.

CAKES—WITHOUT EGGS OR MILK

One cup raisins stoned and chopped, 1 cup hot water, ½ cup butter, 1 cup sugar, 1 teaspoon salt, 1 teaspoon grated nutmeg, 1 teaspoon cinnamon. Put all in double boiler and cook ½ hour. When cool add 2 even cups flour and 1 teaspoon soda. Bake in loaf in small tins.

APPLE SAUCE CAKE

One cup sugar, ½ cup lard and butter, 1 cup apple sauce, 1 teaspoon soda, 1 teaspoon cinnamon, ¼ teaspoon cloves, ¼ nutmeg, 2 cups flour, pinch salt. Bake in moderate oven.

FILLINGS AND FROSTINGS

ALMOND FILLING FOR CAKE

One-half cup of cream whipped very stiff, ½ cup pulverized sugar, ½ cup chopped almonds, a little vanilla, 2 drops of almond extract.

Boiled Frosting For Any Cake—Two cups granulated sugar, 1/3 cup water, boil till it hairs, stir hot into the whites of 2 eggs that have been beaten stiff. Put in a little lemon juice and any desired flavoring.

No. 1.

Quick Frosting No. 1—One white of egg, 9 heaping teaspoons of pulverized sugar; beat gradually the sugar into the white. Flavor to suit taste.

White Caramel For Filling Layer Cake—Two cups of sugar, ¾ cup of milk, boil 6 minutes exactly; add butter size of a hickory nut; remove from fire, stir till cool. Do not let get too cool or it will not spread. Flavor to taste.

Caramel Filling or Frosting—Brown—Two cups brown sugar, 1 cup cream, 1 teaspoon butter, 2 teaspoons vanilla; boil gently and stir occasionally from ½ hour to 1 hour. Add vanilla after it is done.

Chocolate Caramel—Add 1 square of Baker's chocolate to above recipe.

Chocolate Icing for Cake—The whites of two eggs, 1½ cups powdered sugar, 6 tablespoons grated chocolate, or 3 tablespoons cocoa, 1 teaspoon vanilla. Put the chocolate and 6 tablespoons of the sugar in a sauce pan with 2 tablespoons of hot water, stir over a hot fire until smooth and glossy; beat whites to a stiff froth, add the sugar, chocolate and vanilla.

Quick Frosting No. 2.—Stir cream into powdered sugar till just stiff enough to spread well. Flavor.

Hickory Nut Filling—1 cup sour cream, 1 cup sugar, 1 cup nut meats chopped, boil sugar till it hairs, then add the rest.

Chocolate Frosting.—1 cup granulated sugar, 3 tablespoons grated chocolate or cocoa, 5 tablespoons milk. Boil 3 to 5 minutes, add vanilla and a little butter after it is done. Beat until thick.

Chocolate Glazing—After covering cake with boiled frosting and it is set, pour over plain chocolate melted.

Fruit Filling—Four tablespoons of very fine chopped citron, 4 tablespoons of fine chopped seeded raisins, ½ cup of blanched almonds chopped, ¼ lb. of finely chopped figs. Beat the whites to a stiff froth, adding ½ cupful of powdered sugar, mix thoroughly into this the whole of the chopped ingredients. Put in between the layers of the cake when the cake is hot, so that it will cook the egg a little. This is a delicious filling.

Cream Filling No. 1—One pint milk, 2 eggs, 3 tablespoons sifted flour, (or ½ cup corn starch,) 1 cup sugar. Put 2/3 of the milk into double boiler; stir the sugar, eggs and flour in the remainder of the milk. When the milk boils stir it into the whole; cook until thick as custard; when cool add flavoring. This custard is nice with a cup of hickory nuts chopped fine and stirred into it. Spread between layers of cake. The custard can be made with the yolks of the eggs only, saving the white for cake.

Cream Filling No. 2—One cup powdered sugar, ¼ cup hot water; let these simmer. Beat the white of 1 egg, mix with the above after taking from fire. When cold add 1 cup seeded chopped raisins, ½ cup chopped walnuts, 1 tablespoon grated cocoanut.

Apple Filling—Peel and slice, green, tart apples, put them to cook with sugar to taste. When tender take from fire, rub through a fine sieve and add a small piece of butter. When cold spread between layers, cover with plenty of sugar.

Cream Frosting—A cup of thick cream whipped stiff and flavored with vanilla and sweetened with pulverized sugar. Cut a loaf of cake in two, spread between and over the top. This tastes like Charlotte Russe.

Peach Cream Filling—Cut the peaches in thin slices or chop them and prepare cream by whipping and sweetening. Put a layer of peaches between layers and on top and spread cream over both. Bananas, strawberries or other fruits may be used in same way, mashing strawberries and strewing thickly with powdered sugar.

Banana Filling—Make an icing of the whites of 2 eggs, 1½ cups powdered sugar spread between layers, then cover thickly with sliced bananas. Frost top of cake.

Italian Filling For White Cake—One cup of raisins, stoned and chopped, 1 cup of chopped almonds, not too fine, 2 small cups sugar, whites of 2 eggs, 1 teaspoon vanilla, 3 drops almond, 4 drops rose. Boil sugar till it hairs, pour slowly on the whipped whites of eggs, then add the fruit, nuts and extracts. Use English walnuts instead of almonds if desired.

Filling For Cream Nut Cake—One cup milk, 1 yolk of egg, 1 tablespoon of corn starch, 2 tablespoons butter, 3 tablespoons sugar. Cook in double boiler, then add ¾ cup of chopped nuts and 1 teaspoon vanilla.

Chocolate Fondant Filling—Three tablespoons cocoa dissolved in sufficient boiling water to make thick paste; then beat in confectioner's sugar (XXXX sugar) and cream or butter alternately until right color, and consistency are obtained.

Chocolate Butter Frosting—Two cups powdered sugar, 3 tablespoons cocoa, ¾ cup melted butter. Stir together and add enough cream to moisten. Flavor with vanilla.

PIES

(Pie Crust Must Be Light and Flaky to Be Digestible)

TO MAKE PIE CRUST FLAKY

In making a pie, after the top crust has been rolled out cut it about the right size, spread it over with butter then shake sifted flour over the butter, enough to cover it well; cut a slit in the middle, place it over the top of the pie and fasten the edges same as for any pie. Now take the pie in your left hand and a dipper of cold water in your right, tipping the pie a little pour over enough water to rinse off the flour. Enough flour will stick to the butter to fry into the crust, to give it a blistered, flaky look, which many cooks think better than rolling the butter into the crust.

PIE CRUST

One and one-half cups flour, ½ cup lard, ½ teaspoon salt, 1 small half cup very cold water; cut lard into flour with a knife; salt the water, pour water into mixture, stir; take out upon the bread board and form into a ball; roll out from you sideways on the board. Spread with 1 tablespoon butter, sprinkle with flour and fold, roll out again. ¼ teaspoon baking powder can be added if wished to make light.

PUFF PASTE

One cup butter, 2 cups flour, enough ice water to moisten. Mix. Save out 2 tablespoons of the butter. Roll out dough on a well floured board, spread with some of the butter and roll, put in refrigerator for 5 minutes, then roll out and spread with the rest of the butter, fold and chill again. Keep on ice till ready to use.

PUFF PASTE. (FINE)

Into 1 quart of sifted flour mix 2 teaspoons of baking powder, 1 teaspoon of salt, then sift it again. Measure 1 teacupful

of butter and 1 cup of lard, cold and hard. Take the lard and rub into the flour until a very fine, smooth paste, then put in just enough ice water, a half cupful containing a beaten white of egg to make a very stiff dough; roll it out into a thin sheet and spread ¼ of the butter upon it, sprinkle over with a little flour, then roll up closely into a long roll, double the ends towards the center, flatten out and roll again, then spread with another ¼ of the butter, repeat this operation till all the butter is used; put it on an earthen dish, cover with a cloth and put in the refrigerator. Let it remain an hour or more before making out the crust.

PATTIES OR SHELLS FOR TARTS

Roll out nice puff paste thin; cut out with a glass or cooky cutter; and with a smaller glass or cutter cut out the center of two out of three, lay the rings thus made on the third and bake at once. These shells may be used for veal of oyster patties, or filled with jelly, jam or preserves for tarts; or shells may be made by lining patty pans with the paste, filled with jelly and covered with meringue (1 tablespoon of powdered sugar to white of 1 egg,) and browned in the oven, are nice for tea. If the edges of cutters are dipped into hot water the edges will rise higher and smoother when baking.

PLAIN APPLE PIE

Three large greenings or some kind of tart apples, ½ cup sugar or more, 2 tablespoons water, 1 tablespoon butter. Pare and slice apples, line a pie dish with plain paste, fill it with the sliced apples, strew sugar over the layers, add water, butter cut into bits and for flavoring sprinkle over with cinnamon if desired or nutmeg. Cover with a thin crust, gashed. Wet lower rim of crust, spread the upper crust over it and press edges together and bake in a quick oven about ½ hour or more.

APPLE MERINGUE PIE

Peel, core and stew good tart apples, and sweeten to taste. Put into a pie plate lined with crust, grate over it a little cinnamon or nutmeg and put 1 teaspoon of butter in little bits over the pie. Bake in the oven about 20 minutes or until crust is done. Cover with a meringue made of the whites of 3 eggs beaten stiff with 2 tablespoons of powdered sugar. Return to oven and brown slightly.

STEWED APPLE PIE

Stew the apples, mash smooth and sweeten to taste. Season with nutmeg, bake with 2 crusts.

DRIED APPLE PIE

Soak apples until soft, stew until soft enough to put through a colander, season with lemon and sweeten with sugar to taste; add 1 beaten egg for every 2 pies, and 1 teaspoon of butter; a tablespoon of cream may be added. Mix and bake with under and upper crust.

APPLE PIE WITH WHIPPED CREAM

Use the recipe for plain apple pie, using only the under crust. Bake till apples are done; cool, then cover with 1 cup whipped cream.

PEACH PIE

Peel, stone and slice the peaches, line a pie plate with crust and lay in the fruit till plate is full, sprinkle liberally with sugar, take 3 kernels chopped fine for each pie, (leave out if flavor is not liked,) pour in 2 tablespoons of water, put on an upper crust and bake till well done.

PEACH MERINGUE PIE

Made the same as apple meringue pie except the peaches are sliced into the pie and not stewed; sweetened and for flavoring 3 peach pits are chopped fine and scattered over the pie if liked

MINCE MEAT FOR PIES

To 4 lbs. of boiled fresh beef chopped fine (or same amount of tongues and hearts) add 4½ lbs. chopped apples, 4 lbs. sugar, 1 lb. suet chopped fine, add nut meats, citron, currants, etc., dried lemon peel and juice of 2 lemons and 2 oranges, ½ lb. butter, allspice, cinnamon, cloves and nutmeg to taste, salt and pepper, moisten with cider, add a cup of molasses, raisins to suit the taste. Boil a half hour in a granite iron kettle. Add fruit juices, jellies or juice from pickled peaches. Cook until done, then can hot and put away until needed.

GREEN TOMATO MINCE MEAT

One quart chopped green tomatoes, 1 pint chopped apples, ½ cup suet chopped, 3 cups sugar, ½ cup vinegar, ½ box seeded raisins, 1 cup currants, ½ cup walnut meats, 1 teaspoon each cloves, cinnamon, allspice, salt. Cook till thick. Seal in jars.

MINCE PIE

Make plain pie crust, fill with mince meat. Bake until crusts are done.

CUSTARD PIE

Three eggs, 1 pint milk, ½ cup sugar, flavor to taste, bake with one crust slowly; if wished to frost leave out the white of 1 egg. Whip stiff with two tablespoons powdered sugar, spread over the pie after it is baked and brown lightly in oven.

CREAM PIE No. 1

One pint cream, 1 tablespoon flour, whites of 3 eggs, a little grated nutmeg, 1 cup powdered sugar. Pour cream over sugar, let stand until the whites are beaten to a stiff froth; add this to cream and whip all thoroughly, then whip in flour a little at a time. Pour into a pie tin lined with a crust. Grate over it the nutmeg. Bake.

CREAM PIE No. 2

Two cups hot milk, 1 cup sugar, 3 egg yolks beaten, 4 tablespoons flour or corn starch, ⅛ teaspoon salt, 1 tablespoon vanilla. Cook in double boiler until thick, stirring constantly. Fill lower crust, previously baked. A good way to bake crust is to turn pie tin over and bake it on the bottom of tin

Meringue For Pie—Beat the 2 whites stiff, add 2 tablespoons powdered sugar, spread on top of the pie, sprinkle on grated cocoanut and brown in oven or under gas blaze.

COCOANUT PIE

Make same as for cream pie No. 2, adding 4 tablespoons cocoanut. Cover with meringue.

NEVER FAIL LEMON PIE

For 2 pies: 1 heaping cup of sugar, 1 heaping tablespoon of corn starch, 1½ cups of boiling water, juice and grated rind of 1 lemon, beaten yolks of 4 eggs, lump of butter the size of walnut. Cook until thick. Place in baked crust. For the meringue use the stiffly beaten whites of the eggs with 4 tablespoons of sugar and a dash of flavoring.

LEMON PIE (Good) No. 2

One cup sugar, 1 cup water, grated rind of 2 small or 1 large lemon and juice. Put in double boiler add 1 large tablespoon flour, made smooth with some of the water, add the beaten yolks of 3 eggs, small piece of butter. Cook till thick. Let the mixture cool and pour in the crust previously baked, or can be put in an unbaked crust, then baked. Cover with meringue made of the whites sweetened with sugar. Put in oven to brown.

RHUBARB OR PIE-PLANT PIE No. 1

Mix ½ teacup white sugar, 1 heaping teaspoon flour together, sprinkle over the bottom crust, add the pie-plant cut in small pieces; sprinkle over this another half cup sugar and 1 heaping teaspoon flour. Put on upper crust and bake slowly ¾ hour.

RHUBARB PIE No. 2

Two-thirds pint stewed rhubarb, 1 large cup sugar, yolks of 2 eggs, 1 small tablespoon flour mixed with the sugar; mix all thoroughly and bake with 1 crust. Cover with meringue of whites and 3 tablespoons powdered sugar. Brown in oven.

BAKED PUMPKIN OR SQUASH FOR PIES

Cut up in several pieces, do not peel it; place on baking tins and put into the oven, bake slowly until soft, then take out and scrape from the shells, rub through a colander, then use for pies according to the recipes.

PUMPKIN PIE No. 1

One pint milk, 1 pint stewed pumpkin, (canned pumpkin may be used,) ½ teaspoon cinnamon, 1 teaspoon ginger, sweeten

to taste, 4 eggs, mix with milk, pumpkin, spice and sugar, then add beaten eggs. Line deep pie tins with plain paste, fill and bake 30 minutes or more.

Squash pie same as pumpkin.

PUMPKIN PIE No. 2

One and one-half cups of cooked pumpkin, 2 cups of milk, 1 beaten egg, large ½ cup brown sugar, 1 teaspoon cinnamon, ½ teaspoon each of ginger and salt. Put in under crust, bake slowly 40 or more minutes.

HUCKLEBERRY OR BLACKBERRY PIE

Fill up the pie plate lined with pie crust to the top, sprinkle over with sugar sufficiently to sweeten, shake over it tablespoon of flour if very juicy, if liked sprinkle on a little cinnamon or a little grated nutmeg. Cover with top crust and bake about 40 minutes.

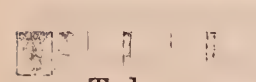
CHERRY PIE

Line pie tin with crust; fill with ripe, sour cherries pitted; pour over them 1 cup sugar, sift over 1 teaspoon flour, dot a few bits of butter over that, cover with an upper crust, pinching down edges after wetting edge of lower crust. Be sure and cut gashes in upper crust; bake until well done 30 or 40 minutes.

CRANBERRY TART PIE

Cook the cranberries in a little water, when they burst open and are soft, sweeten with plenty of sugar; line the pie plates with thin puff paste; fill with the mixture and lay strips of paste across the top. Bake in a moderate oven.

TURNOVERS



Take a good puff paste, roll out as for pies, cut out around size of a tea saucer or small plate. Pile fruit or mince meat upon ½ of the crust, sweeten fruit as for pies, turn the other ½ of crust over it, wet the edges first, press them together and crimp them. Brush over with white of egg, sprinkle over with sifted sugar, bake in a brisk oven about 20 minutes.

RAISIN PIE

One and one-half cups seeded raisins chopped, 1 cup water, ½ cup brown sugar; fill crust, cut 1 lemon in thin slices and put on top. Cover with strips of paste, bake.

BANANA PIE

Bake a light under crust, when cool fill with sliced bananas sprinkled with powdered sugar, cover top with stiff whipped cream.

PINEAPPLE PIE

Line patty pans or gem tins with puff paste, about ½ dozen, take 1 cup grated pineapple, ¼ cup sugar, 2 egg yolks beaten, grated rind and juice of ½ lemon, pinch salt. Fill the shells and bake. Cover with meringue made of the two whites and powdered sugar. Serve cold.

SHORTCAKES

For all shortcakes make the same as biscuit dough using twice the amount of shortening. Individual shortcakes made by placing dough in gem tins.

STRAWBERRY SHORTCAKE

Make cake like above recipe. Take 2 quarts of strawberries, add 1 heaping cup of sugar, chop with a silver knife while standing on stove or on an asbestos plate over the gas and keep there long enough to take chill from berries. Spread between and over cake; serve with cream thin or whipped.

PEACH SHORTCAKE

Make the shortcake. Have ready peaches peeled and chopped and sweetened to taste; sprinkle between layers and on top; serve warm with cream. Whipped cream spread over the top makes it very nice.

BLUEBERRY SHORTCAKE

Spread canned blueberries on and between cake. Made as above. Serve warm.

BANANA SHORTCAKE

Slice bananas and put between and over shortcake, sprinkle freely with powdered sugar, cover with whipped cream.

PUDDINGS

Puddings are either baked, boiled or steamed. Rice, bread, custard and fruit puddings require a moderate heat, batter and corn starch a quick oven. If a bag is used to boil the pudding in, wring it out of hot water and flour the inside well. When the pudding is done dip into cold water and the pudding will come out easily. The bag should taper from top to bottom with round corners. When tying leave room for the pudding to swell.

Do not use wet fruit in puddings. It will surely make them heavy. Either dry it carefully with a towel or wash the day before. Then roll in flour. To keep milk and custard from scorching use a double boiler. Don't lift the cover of any steamer until it is time for the pudding to be done. Replenish the water with boiling water.

TO CLEAN DRIED CURRANTS

Put them in sieve or colander and sprinkle thickly with flour; rub them well till separated, and the flour grit and fine stems will pass through. Put strainer and currants into a pan of water and wash well and change the water till it is clear. Dry the currants with a towel; drying them in the oven makes them hard.

TO STONE RAISINS

Pour boiling water over them, cover and let them stay about 10 minutes; they then will be soft so that each raisin rubbed between thumb and finger will easily let the seeds out. Then the raisins are ready to chop if desired.

TO CHOP SUET

Cut into small pieces, sprinkle with flour, and chop in a cool place.

CHRISTMAS PLUM PUDDING

One lb. currants well washed and dried, 1 lb. raisins, seeded, 1 lb. brown sugar, 1 lb. beef suet, shredded and chopped. ½

lb. flour, ½ lb. of stale bread crumbs, 2 oz. of citron cut in small pieces, 2 tablespoons baking powder, 1 lb. blanched almonds chopped coarsely, spices to taste, (½ teaspoon cloves, 1 teaspoon cinnamon, ½ nutmeg,) ½ glass fruit juice, 8 eggs beaten well, enough milk to moisten all till of consistency of fruit cake. Steam in an angel food tin 8 hours. Serve with rich liquid sauce.

FRUIT PUDDING

One cup canned fruit and juice, 1 cup flour, 1 teaspoon baking powder, pinch of soda, 1 egg, scant ½ cup sugar; beat the yolk of the egg, add the sugar, then the fruit with the soda stirred in it, then the flour with the baking powder, then the beaten white of the egg. Bake and serve with liquid sauce or cream. (See sauces.)

SIMPLE STEAMED PUDDING

One-half cup sugar or ½ cup molasses, 1 cup sour milk, 1 teaspoon soda, 1 cup dried currants or dried cherries, 2 eggs, 2 tablespoons lard, melted; make medium thick batter with all wheat flour; steam 1½ hours. Serve with liquid sauce or maple syrup. (See sauces.)

STEAMED FRUIT PUDDING

One cup sweet milk, 1 cup molasses, ½ cup butter, 1 teaspoon soda, 1 cup raisins, chopped fine; ½ teaspoon salt, 1 teaspoon nutmeg or cinnamon, 3 cups flour. Steam 2 hours; serve hot with any favorite pudding sauce.

One or ½ cup of chopped English walnuts added greatly improves the pudding. Serve with liquid sauce. (See sauces.)

SUET PUDDING

One cup suet, 1 cup sugar, 1 cup milk, 3 cups flour, 1 cup raisins, 2 eggs, ½ teaspoon salt, 1 teaspoon baking powder, a little nutmeg. Shred and chop fine the suet, stone the raisins, beat the suet, sugar and yolks of eggs together till smooth; add spice and salt, then the flour, then the baking powder, then the well beaten whites. Turn in a well greased mould and boil 3 hours. Serve with liquid sauce.

One cup of sour milk can be used in the place of the sweet milk, adding ½ teaspoon soda.

SAILOR DUFF. (Fine)

One egg, ½ cup molasses, 2 tablespoons sugar, 2 tablespoons butter, 1½ cups flour, 1 teaspoon soda. Beat all well together, lastly add ½ cup boiling water. Steam 1 hour; serve with foamy sauce. (See sauces.)

APPLE DUMPLINGS No. 1

Two cups flour, 1 tablespoon lard, same of butter, 2 teaspoons baking powder, a little salt, enough milk to make the above into a soft dough; roll out the paste to less than ½ inch thick; cut in squares; place in the center of each an apple pared and cored; bring the corners together; steam 1½ hours, or bake until done; serve with liquid sauce flavored with nutmeg.

APPLE DUMPLINGS No. 2

Make a biscuit dough; roll out about ½ inch thick, cut in oblong shape; put sliced apple upon the dough; sprinkle over with a little cinnamon, then fold the dough up over the apple and pinch together, place close together in a bread tin and have the dumplings just as long as the tin is wide. Pour over the dumplings a rich syrup of 1 cup sugar boiled in ½ cup of water and 1 tablespoon of butter. Bake till dumplings have absorbed the most or all of the syrup and are a rich brown. Serve warm with rich cream.

APPLE PUDDING

Layer of sliced apples, sprinkled with sugar and bits of butter, then a layer of bread crumbs, and so on till dish is full; add 1 cup of water, bake and eat with liquid sauce, hard sauce or cream. (See sauces.)

INDIAN PUDDING

One and one-half pints boiling milk, stir in carefully 1 cup Indian meal; cook until it thickens, remove from the fire, and add when cool 1/3 cup molasses, 1 egg and a little salt; boil 3 hours or steam 3½ hours. Serve with cream.

DUTCH APPLE PUDDING

Make a rich biscuit dough, pat down ½ inch thick in bottom of shallow baking pan and put apples peeled and cut in sections in rows, sharp edge down, sprinkle with sugar and cinnamon. Serve with rich sauce or cream.

DATE PUDDING

Two large cups bread crumbs, 1 cup flour, ½ cup suet, chopped finely, 2 cups dates, pitted and chopped coarse, ½ cup sugar, good pinch salt, 2 teaspoons baking powder; moisten with 2 eggs beaten and a little milk. Put into well buttered bowl, cook by steaming 3 or 4 hours. Serve hot with cream or rich pudding sauce.

ICE BOX PUDDING

Two bars of sweet chocolate (½ pound), 3 tablespoons boiling water, 3 tablespoons powdered sugar. Melt in double boiler. Stir until smooth. Add yolks of 4 eggs beaten to hot mixture—do not cook—then fold in whites of 4 eggs beaten until stiff. Add teaspoon vanilla. Line mold with wax paper; put in layer of lady fingers, then spread mixture over; add another layer, then the sauce. Put in ice box over night. Serve with ice cream or whipped cream.

MINUTE PUDDING

Set a sauce pan or deep frying pan on the stove, the bottom and sides well greased; put into it 1 quart of sweet milk, a pinch of salt and a piece of butter the size of half an egg; when it boils have ready a dish of sifted flour, stir it into the boiling milk, sifting it through the fingers, a handful at a time until it becomes smooth and thick; turn it into a dish that has been dipped in water; make a very sweet sauce to eat with it. Maple syrup is good with it. Fresh berries stirred into it just before taking from the stove makes it very nice.

BROWN BETTY

Grease a pudding dish, place in the bottom a layer of fine bread crumbs, then nearly fill the dish with layers alternately of

crumbs and chopped apples. Strew brown sugar, cinnamon and a little butter over each layer, topping off with crumbs. Pour over ½ cup of water before putting in oven. Bake 1 hour, cover closely the first half hour. Serve with hard sauce or cream.

QUEEN'S PUDDING

One pint bread crumbs, 1 quart milk, 1 cup sugar, the yolks of 4 eggs, beaten, the grated rind of a lemon, butter the size of an egg; bake until done, but not watery; whip the whites of the eggs stiff and beat in a cup of sugar in which has been stirred the juice of the lemon; spread over the pudding jelly or sweetmeats, and pour over it the whites of the eggs; replace in the oven and bake lightly; eat cold with cream.

BREAD AND BUTTER PUDDING

Nearly fill a 2 quart dish with buttered bread, pour between and over it a quart of canned fruit with the juice; bake half an hour; serve with liquid sauce.

COTTAGE PUDDING

One cup sugar, 2 eggs, 2 tablespoons melted butter, 2 teaspoons baking powder, 1 cup milk, 3 cups flour; bake or steam.

One-half rule makes good sized pudding.

Sauce for Cottage Pudding—1 egg, ½ cup sugar, 2 tablespoons butter, 1 cup boiling milk; stir in egg after sugar has dissolved in milk, cook carefully so as not to curdle, do not boil; flavor; serve cold.

CORN STARCH BLANC-MANGE

One quart of milk, 3 tablespoons corn starch, 3 tablespoons sugar; boil together in double boiler, add ¼ teaspoon salt, 1 teaspoon vanilla, beat the whites of 3 eggs stiff; add to mixture while hot just before taking from stove; turn in wetted cups or any kind of mould and let get very cold; serve with boiled custard made with the 3 yolks of eggs and scant pint of milk and ½ cup sugar; flavor to taste when cold.

COCOANUT PUDDING

One quart milk, 2 even teaspoons corn starch, 3 eggs, 1 cup sugar, 1 cup cocoanut, grated or desiccated, 1 teaspoon butter, 1

teaspoon lemon extract; scald the milk, stir in the corn starch dissolved in 2 tablespoons of the milk, add the other ingredients; bake half an hour. If wished to frost, leave out the whites of 2 eggs and beat to a stiff froth; beat in a tablespoon of powdered sugar, add a few drops lemon extract, and spread on top of the pudding; return to the oven and bake a delicate brown.

SPONGE PUDDING

One cup sugar, 1 cup flour, 2 eggs, ½ cup milk, butter size of a butternut, 1 teaspoon cream tartar, ½ teaspoon soda, flavor; bake in layers.

Sauce—½ cup sugar, butter size of an egg, a little flour, 1 cup boiling milk, 2 eggs (reserve 1 white for frosting); flavor when cool and spread between layers and on top, then put on frosting as for lemon pie and brown in oven.

CHOCOLATE PUDDING

One quart milk, ½ box gelatin in a little of the milk, add ½ cup sugar, yolks of 3 eggs and 3 or 4 tablespoons cocoa. Cook 10 minutes. When cool stir in stiffly beaten whites of the 3 eggs. Put in wetted mold. Put in refrigerator till cold. Take out of mold, serve with cream.

PRUNE PUDDING

One cup prunes, steamed, take out pits, ½ cup sugar; beat the prunes smooth and add the whites of 6 eggs after they are beaten stiff. Bake 15 minutes and serve cold with whipped cream.

CHERRY PUDDING No. 1

One quart flour, 2 heaping teaspoons baking powder, ¼ teaspoon soda dissolved in a little of the milk, 1 pint milk, make all into a batter; 1½ tea cups cherries after they are stoned; stir the cherries into the batter and put into a deep pudding pan, greased; leave room for the pudding to rise; steam 2 hours; serve hot with liquid sauce. Blue berries may be used instead of cherries, but a tablespoon of vinegar should be added to the sauce.

Liquid Sauce—½ cup butter, 1 cup sugar, 2 cups hot water, 1 large tablespoon flour; make the flour smooth with a little cold water; cook all together; add a little nutmeg. Use cherry juice.

CHERRY PUDDING No. 2

Stone 1 quart cherries, cover with 1 cup sugar, let stand while preparing batter for the pudding. Make rich biscuit dough, put the cherries (leaving the juice to put in sauce) in bottom of greased pudding dish, or mix in flour before adding milk to dough, cover with the soft dough and steam 1 hour. Serve with rich liquid sauce with the addition of the cherry juice.

BLUEBERRY PUDDING

Stir the blueberries with the rich biscuit dough, or put in bottom of dish same as cherry pudding. Steam and serve with rich liquid sauce.

DESSERT

FOOD FOR THE GODS.

One cup sugar, 1 teaspoon baking powder, 1 cup nut meats, 8 round crackers crumbled, 1 cup dates, pitted and cut up, mix. Add 3 eggs beaten separately. Put in buttered shallow tin and bake in slow oven 45 minutes.

TAPIOCA PUDDING

Three tablespoons tapioca, 1 cup sugar, 1 quart milk, 3 eggs, boil ¾ of the milk, wash the tapioca and stir into milk; boil a few minutes then add the rest of the milk, the yolks of eggs and sugar; bake; when cold cover with jelly, then add the whites of eggs beaten with little sugar; set in oven and brown.

TAPIOCA CREAM

Two tablespoons tapioca dissolved in cold water over night; scald 1 pint of milk with the tapioca in it; beat the yolks of 2 eggs with 2/3 cup of sugar, stir in the milk and cook till thick as boiled custard; flavor with vanilla; beat the whites of the eggs with 1 tablespoon pulverized sugar to a stiff froth and put on top; bake a delicate brown; serve cold.

RICE PUDDING No. 1

Soak a cup of rice in enough warm water to cover it over night, next morning add 9 cups milk, a piece of butter half as large as a hen's egg, sweeten to taste, add a little salt and nutmeg. After it has been in the oven ½ hour, stir it from the bottom and add a cup of cream; bake 1½ hours.

RICE PUDDING No. 2

Two quarts new milk, ½ teacup rice, 1 teacup raisins, butter size of a butternut, 1 teacup sugar; season with nutmeg, bake 2 hours.

RICE PUDDING No. 3

Take 2 or 3 cups boiled rice, add 1 cup milk, 1 teaspoon nutmeg, 1 cup raisins, 2 eggs beaten, 2 tablespoons melted butter, 2 of sugar, bake ½ hour. Serve with liquid or hard sauce.

ANGEL FOOD PUDDING

Bake in tin with large open center. Fill with ice cream, cover with soft frosting, or fill with preserves and cover with whipped cream.

CUP PUFFS

One-half cup sugar, ½ cup milk, 2 eggs, 2 teaspoons baking powder, a little salt, flour enough so the batter will drop from spoon; butter cups and put 1 tablespoon fruit in each cup and fill half full of batter; steam ½ hour and eat with fruit sauce.

CRACKER PUDDING

One pint milk, 12 small butter crackers, bread may be used, ½ cup sugar, 2 eggs. Soak crackers soft in the milk, beat eggs, stir in sugar and add to milk and crackers. Bake till set like custard. Serve with lemon liquid sauce or rich sauce with vinegar and nutmeg.

NUT PUDDING

Cream ¼ cup butter, ½ cup sugar and beat into this ½ cup chopped nuts. Beat the yolks of 2 eggs light and add to the mixture with ½ cup of milk. Sift 2 cups of pastry flour with 3 level teaspoons baking powder and add to the mixture till thoroughly mixed. Add last the stiffly beaten whites of the eggs and a pinch of salt. Steam in greased cups ½ hour. Serve with chocolate sauce, cream ¼ cup butter and ½ cup sugar sifted with 2 tablespoons corn starch. Add 2 squares of chocolate grated or 3 tablespoons cocoa, 1 pint boiling water, pinch cinnamon, small pinch salt. Boil 10 minutes, strain and serve.

PUDDING SAUCES

HARD SAUCE FOR PUDDINGS

Rub 1 cup powdered sugar and ½ cup of butter to a cream; flavor to taste.

LIQUID SAUCE. (Good)

One cup sugar, 1 cup water, ½ cup butter; boil together; thicken with 1 tablespoon flour, add 1 tablespoon vinegar; flavor with nutmeg, vanilla, lemon or all together

LEMON SAUCE

Substitute lemon juice for vinegar in above recipe and for flavoring use grated rind of the lemon

GOOD LIQUID PUDDING SAUCE

Cream 1 cup powdered sugar and ½ cup butter together; add 1 teaspoon cinnamon and a well beaten egg; boil 1 cup milk and turn it over the mixture slowly, stirring all the time; to be used either cold or hot.

MILK SAUCE

Dissolve 1 tablespoon flour in a little cold milk, rub till free from lumps, cream together 1 tablespoon of butter and 1 cup sugar, add a pinch of salt, mix ½ pint of milk, 1 egg and the flour, grate in a little nutmeg; heat until it nearly boils; use in place of cold cream.

CREAM SAUCE

Two tablespoons butter, melt. Rub 2 tablespoons flour into it. Add 1½ cups cold milk. Cook until thick stirring all the time. Season with salt and pepper.

MILK OR CREAM SAUCE

Cream or rich milk, sweetened to taste and flavored makes a sauce very good for some puddings and is quickly prepared.

FOAMY SAUCE

One cup sugar, 2 cups hot water and 2 heaping tablespoons butter, 1 heaping tablespoon flour; melt the butter and rub the flour into it; add the water; cook till thick and add a little grated nutmeg and vanilla; the last thing take from fire and stir in the beaten whites of 2 eggs.

WINE SAUCE

One-half cup butter, 1 cup pulverized sugar; cream together well; add 2 tablespoons sherry wine, ½ cup cream; put in a bowl and stir over hot water until all is well melted together.

COLD CREAM SAUCE

Stir to a cream 1 cup powdered sugar, ½ cup of butter, then add 1 cup cold thick cream; flavor to taste; stir well together and let get cold.

CUSTARD SAUCE

One cup of sugar, 2 beaten eggs, 1 pint of milk, flavor to taste; heat milk to boiling, add by degrees the eggs and sugar; stir until it thickens, be careful and not let it cook too long or it will curdle; flavor; serve cold.

CARAMEL SAUCE

Place a sauce pan over the fire, when it is hot put into it 4 tablespoons white sugar and 1 tablespoon water; stir for 4 minutes or so or till all the water evaporates; watch carefully till it is a delicate brown, have ready 1 pint cold water and 1 cup of sugar mixed with some flavoring; turn into the sauce pan with browned sugar and let it simmer 10 minutes.

SUGAR SAUCE

One coffee cup sugar, ½ cup water, 1 tablespoon butter; boil all together till like syrup; flavor with lemon or vanilla. If wished add 1 tablespoon lemon juice.

FRUIT SYRUP FOR SAUCE

The juice of canned strawberries, cherries, raspberries, etc., made very sweet and thick like syrup makes fine pudding sauce.

JELLY SAUCE

Melt 2 tablespoons of sugar and ½ cup of jelly in a cup of boiling water, adding two tablespoons of butter; then stir into it 1 teaspoon corn starch dissolved in ½ cup water; add to the jelly and boil up; set in a bowl of hot water to keep warm till needed; stir occasionally; any fruit jelly may be used.

STRAWBERRY SAUCE FOR CAKE PUDDINGS

One large tablespoon butter beaten to a cream; add gradually 1½ cups powdered sugar and the beaten white of 1 egg; beat very light and just before serving add 1 pint of mashed berries; fine for cottage pudding or any cake pudding.

CHOCOLATE SAUCE

One cup granulated sugar, 2/3 cup boiling water, 1 tablespoon flour, 2 heaping tablespoon cocoa. Mix cocoa, sugar, flour together dry. Pour boiling water over this mixture and cook until it slightly thickens. Add ½ teaspoon vanilla. Serve over plain cup cakes with center taken out and filled with whipped cream; over plain ice cream, boiled rice, tapioca pudding, or almost any plain pudding.

SHERRY SAUCE

Two tablespoons butter, 1 cup powdered sugar, 3 tablespoons sherry. Put bowl with butter and sugar in boiling water. Stir a few minutes, then add the sherry and serve.

VANILLA SAUCE

One cup butter, cream with 1 cup powdered sugar, 1 cup milk, 1 tablespoon vanilla. Put bowl in hot water, add milk. Stir till creamy. Flavor.

WHIPPED CREAM SAUCE

One cup cream whipped, ½ cup powdered sugar, 1 white of egg, beaten, 1 teaspoon vanilla, very little almond extract, 1 tablespoon maraschino. Mix. Serve cold.

SAUCES

APPLE SAUCE

Cook peeled and cut up sour apples with a very little water until they are tender, then stir in enough sugar to sweeten to taste. Add a little nutmeg or cinnamon. Best eaten cold.

WHOLE APPLE SAUCE

Peel, quarter and core firm greenings, place in a stew pan in a syrup of 1 cup of water, 2 slices of lemon and 1 cup of sugar to every 6 apples, cook the pieces enough at a time not to be too crowded as to get mashed, until they are tender; remove carefully to a dish and stew down the syrup if too thin and pour it over the apples. Eat cold. A little cinnamon and nutmeg may be added.

BAKED SWEET APPLES

Core firm sweet apples and place in a granite iron dripping pan; put water around them to cover nearly one-half; bake till well done; take out in a dish and add sugar to the juice in the pan and simmer till somewhat thick adding water if too much baked away, pour this syrup over the apples. Eat cold with rich cream.

BAKED SOUR APPLES

Core, sugar filled in center, a little cinnamon if liked. Surround with water. Bake. Make syrup of the water and a little more sugar, pour over apples.

BAKED APPLES WALNUT FILLINGS

Mix 1 cup of chopped walnut meats with 4 tablespoonfuls of sugar. Core 8 large apples, fill the cavities with the nut mixture, pour three drops of vanilla into each apple. Place in a baking pan well separated from each other, add 1 cup of hot water and bake until soft, basting often with the syrup in pans. Serve with cream.

BOILED SNOW APPLES

As many apples as wished, put in 1 cup sugar, 4 cups of water, boil, put in apples, cook till tender; take out apples, cook down syrup to make it thick, pour over apples.

BOILED APPLES FOR SALAD OR DESSERT

Peel and core 6 Northern Spy apples, put 3 pints water or more and 1½ cups sugar to boil, add apples, watch closely not to let apples go to pieces. When tender skim out carefully, boil down syrup if used for dessert. Serve with the syrup and whipped cream. If used for salad, place on lettuce, fill center with chopped nuts, cover with boiled salad dressing. When boiling apples, enough syrup must be used to float apples.

CRANBERRY SAUCE No. 1

One quart cranberries, 2 cups sugar, 1 pint water; wash the berries and put on the fire in a covered granite-iron kettle with the water; let them simmer until the berries burst open; then put in the sugar and let them boil 10 minutes without the cover. The cranberries must not be stirred at all. Serve with turkey and game.

CRANBERRY SAUCE No. 2

After the berries are stewed and sweetened rub through a sieve or colander to remove the skins; put in a mold or individual cups till it hardens.

DRIED APPLE SAUCE

Look over, wash thoroughly and soak 15 minutes in clean warm water, drain, cover with cold water and simmer slowly for 2 hours, mash fine, sweeten and season with cinnamon or season with grated lemon peel and add some of the juice; do not sweeten until about 5 minutes before removing from fire or the apples will be tough; follow same rule for dried peaches only do not mash so fine or season so highly.

PRUNE SAUCE

Wash thoroughly, cover with water and soak over night. In the morning put in a covered stew-pan and simmer till very soft and tender. Sweeten to taste a few minutes before removing from the fire. Eat cold.

RHUBARB SAUCE No. 1

Cut up, add a little water, stew till tender. When done add sugar to taste.

RHUBARB SAUCE No. 2

Make a rich syrup, then add the cut up rhubarb and stew gently till done. Try to keep whole.

LIGHT DESSERTS

FRUIT JELLY

One oz. gelatin, 1 quart water, 2 cups granulated sugar, 4 lemons, 1 orange, soak gelatin in water, stir while dissolving then add sugar, then juice of the lemons and orange; boil up all together; put away till partially solid; take French cherries, almonds, malaga grapes and pieces of orange and put fruit and jelly in layers in a mold, wet mold first; set away to harden.

LEMON JELLY

To 1 package gelatin add 1 pint cold water; stand 1 hour, then add 2 pints boiling water and 2 cups sugar, the juice of 4 lemons the grated rind of 1; strain and put in molds.

LEMON JELLY—(Small Recipe)

One-quarter box gelatin, 1 pint water, ½ cup sugar, juice of 3 lemons; soak an hour in the water then boil up once; strain and let it get cold.

COFFEE JELLY

Dissolve ½ box gelatin in 1 cup cold water, pour over it 1½ pints boiling coffee, 1 cup sugar, pour in mold; eat cold wtih whipped cream.

COFFEE CREAM JELLY

One cup of very strong, clear coffee, soak ½ box of gelatin in ½ cup of milk for an hour or more, then put in a double boiler and stir till it is dissolved, add 1 cup of sugar, the cup of coffee, then the well beaten yolks of 4 eggs, strain and set away to cool, when almost cold stir it a few minutes until smooth and almost stiff, then stir in quickly 1 pint of whipped cream; pour in a mold and set away to harden.

CHOCOLATE CREAM JELLY

Make the same as coffee cream, only use chocolate instead of coffee.

FRUIT TAPIOCA JELLY

Wash ¼ lb. of tapioca and if of the lump variety, soak over night in cold water; put in a double boiler and add sufficient water to cover it 1 inch, cook slowly, stirring occasionally to prevent lumping; when all the water is absorbed add any kind of fruit juice ½ cupful at a time with enough sugar to sweeten; when 1½ cupfuls of fruit-juice has been absorbed, examine some of the tapioca and if it is quite clear way in the center it may be taken from the fire and set away in a mold to harden; if not clear add a few spoonfuls more of juice and cook longer; serve with cream and powdered sugar. The juice of any canned or preserved fruit may be used or any kind of jelly, thus giving quite a variety.

ORANGE JELLY IN BASKETS

With a very sharp pen-knife cut half way around the center of an orange, leaving a strip ½ inch wide to serve for a handle; take out the pulp; when finished the shell of the orange should be in the form of a basket. The basket should be a little more than half the depth of the orange. With scissors cut the top into points or with a pinking-iron. Strain the pulp of the orange add enough hot water to make 1 quart, add 12 tablespoons of crystal flake dissolved in water and 1 lb. of granulated sugar, ½ box gelatin, juice of 2 lemons. When cool fill the baskets, tie a bow of ribbon to handles and serve on a small doily on plates.

TAPIOCA BLANC-MANGE

One-half lb. of tapioca soaked 1 hour in 1 pint of milk, then boil till tender; add a little salt, sweeten to taste and put into a mold; when cold turn out and put strawberry or raspberry jam around it and serve with cream. Flavor to taste with lemon or vanilla.

SPANISH CREAM

Put ½ box gelatin in 1 cup milk to soak, put 2 cups of milk on the stove and when hot stir in 5 tablespoons sugar, the soaked gelatin and the beaten yolks of 2 eggs; as soon as it becomes thick take off and stir in the whites of the eggs beaten to a stiff froth and a teaspoon of vanilla, put into a mold; eat with cream and sugar.

BAVARIAN CREAM No. 1

One pint cream, 1 cup sugar, 3 tablespoons wine, 1 tablespoon vanilla; after beating the cream up lightly, stir in 1/3 of a box of gelatin dissolved in ½ teacup of warm water; while straining in the gelatin beat the cream thoroughly, add the whites of 6 eggs well beaten; beat them all together, pour into a mold and let stand an hour in a cool place, serve with or without jelly; 4 oranges and the grated rind of one, instead of the vanilla, will make Orange Bavarian Cream.

BAVARIAN CREAM No. 2

Two cups milk or thin cream, ¼ box of gelatin dissolved in ½ cup cold water, 2 eggs, ½ cup sugar, dash of salt, 1 cup cream whipped very stiff. Scald the milk, pour slowly over the 2 egg yolks beaten with the sugar and salt. Add the gelatin, put in double boiler, stir till mixture coats the spoon, strain and when cold add the whipped cream and the stiffly beaten whites and flavoring. Mold and serve with boiled custard sauce or canned fruit.

STRAWBERRY BAVARIAN CREAM

Add 1 cup strawberries mashed and ¼ cup sugar to Bavarian Cream No. 2.

STRAWBERRY CREAM

Rub through sieve 1 pint strawberry preserves. Soak 1 envelope gelatin in 1 cup cold milk for 10 minutes. Dissolve gelatin by placing bowl in boiling water. Whip 2 cups cream until thick, add the strawberries and the dissolved gelatin. Mold.

PINEAPPLE BAVARIAN CREAM

One cup grated pineapple, juice ½ lemon, a little sugar, add to Bavarian Cream No. 2.

CHOCOLATE BAVARIAN CREAM

Add 3 tablespoons cocoa or ½ cup chocolate. Flavor with 1 teaspoon vanilla. Add to Bavarian Cream No. 2.

COFFEE BAVARIAN CREAM

Add ½ cup very strong coffee to Bavarian Cream No. 2, using a little more gelatin.

PEACH BAVARIAN CREAM

One quart of canned peaches, large cupful of sugar, 1 pint of cream, ½ box of gelatin, ½ cup of cold water; mash the peaches and rub them and the juice through a sieve, add the sugar, soak the gelatin two hours in the cold water, whip the cream to a froth, put the peaches in a sauce pan and let them simmer 20 minutes, stir often, add the gelatin to the hot peaches and remove from the fire at once, place the sauce pan in a pan of ice water and beat until the mixture thickens; then stir in the cream, mix thoroughly and pour into the mold, set away to harden; serve with whipped cream. Apricot, pear and pineapple Bavarian Creams are made in the same way.

RASPBERRY BAVARIAN CREAM

One quart of fresh fruit or 1 pint of canned raspberries, mash the berries through a sieve and stir in a cupful sugar; soak ½ box gelatin in ½ cup cold water 2 hours; then pour on ½ cup boiling water and strain into the raspberry juice; whip 1 pint of cream to a stiff froth and whip all the ingredients together; pour into a wetted mold and set away to harden. Take out upon a platter and put whipped cream around it when wished to serve. Strawberries and blackberries can be used the same way.

SNOW PUDDING No. 1

One-half box Cox's gelatin, ½ pint cold water, dissolve the gelatin in the water, add the juice of 2 lemons, ½ lb. sugar and 1½ pints of boiling water; let this stand until cold, beat the whites of 3 eggs to a stiff froth; whip the gelatin into the eggs a tablespoonful at a time. Put in a mold and let it harden.

Sauce—Scald 1 pint milk, beat the yolks of 4 eggs, sweeten, add grated rind of 2 lemons; stir into the boiling milk till it thickens. Serve very cold.

PINEAPPLE SPONGE

Soak ½ box gelatin flake in ¼ cup cold water, set over the tea kettle until thoroughly dissolved, drain the syrup from 1 can

of pineapple and if not sweetened add sugar, measure and add enough water to make 1½ cupfuls, heat to the scalding point then pour over the gelatin, strain. When it cools and begins to thicken add ½ cup of cream whipped stiff and the beaten whites of 3 eggs; stir carefully and then add the pineapple cut into tiny bits. Pour in a mold.

APPLE SNOW No. 1

Peel and grate into an earthen bowl, 1 large tart apple and as it is grated sprinkle over it 1 cupful of powdered sugar to keep the apple from turning dark; beat with this the whites of 2 eggs beaten stiff and beat together 15 minutes. It will beat up very stiff and light. Then heap up the mixture in a glass dish and pour around it a good smooth custard or serve it with it.

APPLE SNOW No. 2

Stew some finely flavored sour apples till tender and beat 1½ cups powdered sugar into 1 pint of the apple sauce, whip till light then add the whites of 2 eggs beaten stiff, whip all together till stiff and light; serve very cold with whipped cream or a good custard.

NUT CREAM No. 1

One pint whipping cream, ¼ box gelatin, ½ pint blanched almonds, cut in small pieces, ½ cup sugar, ½ teaspoon vanilla, 5 drops almond.

NUT CREAM No. 2

Dissolve 1½ tablespoons of gelatin in 1 gill of boiling water, strain into a basin, add 6 tablespoons of sugar, 2 tablespoons each of chopped pecans and pistachio nuts, 1 teaspoon of vanilla extracts, and 1 pint of whipped cream. Stir until beginning to grow firm. Pour into individual molds. Turn out on serving plates, garnish with whipped sweetened cream, and sprinkle over with finely chopped pistachios.

To Fix the Cream—Cover the gelatin with ¼ cup cold water, melt over hot water, then whip cream, beat in the sugar, then the gelatin (strained), then stir in the almonds, then add flavoring, put in a fancy mold and set away 2 hours to harden. Serve with the chocolate sauce.

THE CHOCOLATE SAUCE

One cup milk ½ cup sugar, 1 level teaspoon corn starch, 1 teaspoon vanilla, 1 square Baker's chocolate; melt the chocolate, put the milk on to cook, mix corn starch with a little cold milk, add a little hot milk to the chocolate, add sugar to the milk, then the chocolate, then the corn starch.

MOSCOW CREAM

Make good lemon jelly and form in small cups, with hot spoon hollow out the center leaving only about ½ inch on bottom and sides of cup. Filling—soak 1/3 box of gelatin in 1/3 cup of cold water, to 1 pint of thick cream, add 3 tablespoons of powdered sugar, and tint a pretty colored green with colored paste; whip to solid froth, set gelatin in hot water to dissolve; add by degrees to whipped cream; as it begins to thicken, add 1 teaspoon vanilla, 4 tablespoons sherry (though not necessary), 2 tablespoons blanched and finely chopped pistachio nuts, English walnuts or almonds; fill the prepared molds, when the cream is set, melt the jelly taken from the centers and fill up the molds; to serve turn out upon individual plates and garnish with freshly whipped cream. If desired, sprinkle with finely chopped nuts.

CHARLOTTE RUSSE

One pint thick cream whipped, ¼ box gelatin soaked 1 hour in ½ cup cream; if necessary pour on a very little hot water, sweeten and flavor to taste, stir in a very little cream to cool it, then stir in the whipped cream; line bottom and sides of mold or dish with lady-fingers or sponge cake, then turn in mixture and set away to harden.

SNOW PYRAMIDS

To 1 pint cold thick cream add 4 tablespoons powdered sugar, 1 teaspoon vanilla, ¼ box gelatin which has been soaked in a little cold water and then dissolved by standing over a hot tea kettle. When it begins to slightly thicken whip until light and thick. Turn into small glasses and set away. Just before serving beat the whites of 6 eggs to a stiff meringue with 6 tablespoons powdered sugar, adding gradually ½ tumbler of currant jelly. Drop a large spoonful of this on the top of each glass of cream heaping it up like a pyramid.

CARAMEL CUSTARDS

Break 3 eggs into a bowl, beat well and add ¼ of a cup of sugar; when that is mixed well put in 1 pint of milk and ½ teaspoon of vanilla. Then pour on the following:

Caramel—1 cup granulated sugar, melted slowly and be careful not to burn, add gradually ½ cup of hot water, stir till free from lumps; pour this into 9 greased custard cups and over it pour the custard; place them in a baking pan containing water and poach in a hot oven, about 25 minutes, or till a knife can be put in and drawn out without the custard cleaving to it; turn out into sauce dishes while hot, first carefully running a knife around the edge to free it from the cups. Serve very cold.

CUSTARDS IN CUPS

Four eggs, beaten, 1 cup sugar, a pinch salt, 1 quart milk, 1 teaspoon vanilla, ¼ nutmeg grated, or ¼ teaspoon cinnamon if liked; put in wetted cups and place in a dripping pan half full of warm water; bake slowly until a knife can be put in and come out clean. Cool before eating.

FLOATING ISLAND

One quart sweet milk, put over hot water to heat, whites of 6 eggs beaten stiff and laid on the milk until cooked. Remove the eggs to a platter, beat the yolks with 3 tablespoons sugar, pour hot milk over them. Flavor to suit and stir till the hot milk cooks the eggs through. Turn into a suitable dish. Pile the whites on top and serve with a bit of jelly with each dish.

JELLIED APPLES

Butter a quart pudding dish and fill it with layers of thinly sliced, sour apples. Sprinkle a tablespoonful of sugar and a salt spoonful of cinnamon over every other layer. Pour over the whole 1 cup of water. Cover with a buttered plate that fits closely into the dish and press down upon the apples. Set the dish in a pan of hot water in the oven and cook slowly for 3½ hours. When cold it can be turned from the dish in a jellied mass, cold custard, whipped cream, syrup or any cold sauce can be turned around it or served with it.

COMPOTE OF PEACHES

Put layers of plain boiled rice (warm) and of canned peaches alternately in a serving dish. Have all warm and serve with whipped cream sweetened or plain cream.

VANILLA SOUFFLÆ

Scald ½ pint milk in a double boiler; add 2 tablespoons butter rubbed to a soft paste with ¼ teaspoon salt and 2 tablespoons flour; stir until thick and smooth; cover and cook for 5 minutes on back of stove. Take from fire add yolks of 4 eggs beaten up with 3 tablespoons of sugar. Beat for a moment, cover and set aside until cold. Whip the whites to a stiff froth and cut into the cold mixture, adding at the same time 1 teaspoon vanilla, turn into well buttered forms, stand in a pan of hot water, dust with powdered sugar and place in a hot oven 10 to 15 minutes accordings to forms. Serve with foamy sauce.

SNOW PUDDING—(CORN STARCH)—No. 2

Three tablespoons corn starch dissolved in cold water; pour upon it 1 pint boiling milk, add the whites of 3 eggs beaten stiff, sweeten with 2 tablespoons powdered sugar, flavor to taste, wet a mold, fill with mixture, steam 20 minutes.

Sauce—Beat the yolk of 3 eggs, add 1 cup sugar, 1 cup milk, butter size of an egg; boil a few minutes, flavor to taste. Let the pudding and the sauce get very cold. (Add juice and rind of lemon to the pudding if desired.)

SNOW PUDDING No. 3

Mix 2 rounding tablespoonfuls each of corn starch and sugar with 2 tablespoonfuls of cold water; then add 1 cupful of boiling milk and cook for ten minutes, stirring constantly to prevent burning. Before removing from the fire add a level tablespoonful of butter and ¼ teaspoonful of salt. While hot pour this gradually over the stiffly beaten whites of two eggs; then add a tablespoonful of lemon juice and pour into cups having a halved peach or any preferred fruit in the bottom. Set where they will chill; then serve with a sauce made by adding ½ tablespoonful of flour to a ½ cupful of sugar and stirring into a pint of scalding hot milk. Sprinkle in a generous pinch of salt and cook for five minutes; remove from the fire and beat in the yolks of the 2 eggs; then flavor and set where it will become cold.

CHOCOLATE AND WHIPPED CREAM PUDDING

One quart milk, 1½ cups sugar, 4 level teaspoons of corn starch, ½ cup grated chocolate or 4 squares, put milk in double boiler, melt chocolate in a sauce pan and put a little of the hot milk to it, put sugar into hot milk in the boiler and add the melted chocolate and milk then the corn starch stirred smooth in a little cold milk, add vanilla when cold; put in deep serving dish and spread ½ pint cream whipped thickly over the top. Serve very cold.

BANANA SPLIT

Peel, scrape, cut in halves and if large, cut across. Lay open in a plate and put chopped nuts on top. Then pile on top whipped, sweetened cream. Serve with small cakes.

ICE CREAM AND FROZEN DESSERTS

DIRECTIONS FOR FREEZING ICE CREAM AND ICES

Be sure the freezer is clean. Scald the can before using, also dasher and cover. Chip the ice in small pieces or an easy way is to put the ice in a coarse bag and pound it fine. Put ice in around the can and coarse salt in the proportion of 3 parts of ice to 1 part of salt. Put a layer of ice in first then a layer of salt and so on till freezer is full. Then turn the crank quite slowly until mixture is very cold; then turn fast and steadily until it turns quite hard. When the cream is frozen, carefully brush off the salt and ice and take off cover and take out the dasher and press down the cream smoothly in the can. Replace the cover, stop up the hole in cover with a cork. Fill up the freezer with more ice and salt and cover the can. Cover with a piece of carpet or blanket and let stand 1 or 2 hours before using. After ice cream has been used wash and dry the freezer and put in a dry place. Don't fill the can more than 2/3 full of cream to be frozen.

PURE ICE CREAM

Two quarts of cream to 1 lb. of sugar. Flavor as desired and freeze.

VANILLA ICE CREAM

One quart of cream, ½ lb. granulated sugar, 1 tablespoon vanilla. Put half of the cream and the sugar in a double boiler; when sugar is dissolved and thoroughly stirred for about 10 minutes, take from fire and add the rest of the cream, then the vanilla. Freeze.

CUSTARD ICE CREAM

One quart milk, 4 eggs, 1 cup sugar, 1 pint cream; put milk in double boiler add the sugar, scald till sugar is thoroughly dissolved then add the beaten yolks of the eggs; cook till like cus-

tard, take from the fire and stir in the beaten whites, add the cream; flavor to taste. Cool. Freeze.

CORN STARCH ICE CREAM

One pint milk, yolks 2 eggs, 6 oz. of sugar, 1 tablespoon corn starch. Put milk in double boiler, when hot add corn starch dissolved in a little cold milk; cook a minute and add beaten yolk. Put whites of eggs beaten stiff into 1 pint cream whipped, mix, flavor, freeze.

NEW YORK ICE CREAM

One quart of milk and 4 eggs, 2/3 cup sugar, vanilla to flavor. Beat the yolks light with sugar, and add to the milk; then beat whites stiff just before freezing and add to mixture. Use part or all cream if preferred.

PHILADELPHIA ICE CREAM

One-quarter box gelatin, soaked in ½ cup milk. Dissolve 1½ cups sugar in 1 quart milk, scald, add the soaked gelatin, when cold flavor; add 1 pint cream whipped. Freeze. Serve with chocolate sauce or maple syrup.

LEMON ICE CREAM No. 1

Make same as vanilla ice cream except flavoring with 1 tablespoon lemon extract.

LEMON ICE CREAM No. 2

One quart cream, ¾ lb. sugar, juice of 2 lemons, juice of 1 orange. Mix sugar and the grated yellow rind of 1 lemon and the orange juice together. Let stand 1 hour. Scald the cream in a double boiler. Let it get cold. When cold put in freezer and when about half frozen add the lemon juice and sugar. Turn the crank rapidly a few minutes till frozen.

GELATIN ICE CREAM

One quart cream, 1 pint milk, ¾ lb. sugar, ½ box gelatin, 1 tablespoon vanilla; cover gelatin with the milk and let stand 30 minutes, then put in double boiler; when scalding hot add the sugar, strain; add cream and vanilla. When cold freeze.

COFFEE ICE CREAM

One quart cream, ½ lb. pulverized sugar, 4 oz. ground coffee. Put coffee and 1 pint of cream in double boiler and steep for 10 minutes, then strain; add the sugar, stir until dissolved, add the rest of the cream. When cold freeze.

CHOCOLATE ICE CREAM

One quart cream, ½ lb. sugar, 6 eggs, 1 tablespoon vanilla, 1 small piece stick cinnamon, 4 oz. sweet chocolate; put cream and cinnamon in boiler to scald, beat yolks of eggs and sugar together, add the stiff whites, stir this into the cream and cook until it begins to thicken. Strain, add grated chocolate. Flavor with vanilla. When cold freeze.

PINEAPPLE ICE CREAM

One quart cream, 1 lb. sugar, 1 lemon, 1 pint of grated pineapple. Put 1 pint of cream and one-half of the sugar in double boiler; stir till sugar is dissolved; cool, mix the pineapple with the rest of the sugar; add lemon juice. Freeze the cream, first adding the remaining pint; when frozen add the pineapple mixture and beat thoroughly. Take out dasher and repack.

STRAWBERRY ICE CREAM

Same as pineapple, omitting the lemon. Use the fresh crushed fruit.

PEACH ICE CREAM

One quart cream, ¾ lb. sugar, 1 quart ripe peaches or 1 pint can. Put half of the cream on to boil, when hot add the sugar and stir till dissolved. Take from fire and add remaining cream; when cold freeze. Chop the peaches fine or mash them, add to frozen cream and turn rapidly about 5 minutes. Then take out dasher and repack.

NUT ICE CREAMS

Make vanilla ice cream and add any nuts desired, chopped fine or pounded to a paste; almonds, hazelnuts, filberts, English walnuts.

BISQUE ICE CREAM

One quart cream, ¼ lb. macaroons, 2 lady-fingers, ½ lb. sugar, 4 kisses, 1 teaspoon vanilla, 1 teaspoon caramel. Pound the macaroons, kisses and lady-fingers through a colander. Put 1 pint of cream to boil, add sugar, stir until dissolved, take from fire, add rest of cream and freeze. When frozen add vanilla, caramel and pounded cakes. If desired add 5 tablespoons of sherry. Beat the whole till smooth. Repack.

BANANA ICE CREAM

One pint cream, 1 pint milk, ½ lb. sugar, yolks 6 eggs, 4 bananas. Scald the milk in double boiler; beat yolks and sugar together and add to hot milk; cook till thickens, stirring constantly; add cream and when cool add the bananas mashed through a colander. Freeze and then repack.

LEMON ICE No. 1

Boil 2 quarts of water and 5 cups of sugar together. When cool add the juice of 6 lemons and freeze. When ready add the whites of 3 eggs. This will make 1 gallon.

LEMON ICE No. 2

Juice 5 lemons, 1 pint sugar, 1 quart water, 1 tablespoon gelatin. Boil sugar and water together, when cold add lemon juice and the gelatin dissolved. Freeze.

LEMON ICE No. 3

Juice of 6 lemons, grated rind of 3, 1 large orange, juice and rind. Squeeze the juice of the lemons and orange, add grated peel and let it stand an hour or more; squeeze and strain through cheese cloth, add 1 pint of water and 2 cups sugar. Stir till dissolved. Freeze same as ice cream but let it stand longer, at least 3 hours.

ORANGE WATER ICE

Twelve oranges, 1 lb. sugar, 1 quart water; make same as Lemon Water Ice.

PINEAPPLE ICE

One quart water, 1 quart sugar, 1 pineapple, or 1 pint can grated pineapple, the juice of 3 lemons and the grated yellow rind of 1 lemon. When frozen add beaten whites of 3 eggs. Will make 1 gallon.

STRAWBERRY ICE

Syrup of 1 quart water and 1 quart sugar, 1 quart crushed strawberries, juice of 3 lemons. When nearly frozen add beaten whites of 3 eggs.

GRAPE ICE

Make a syrup with 1½ lbs. of sugar and 1 pint of water, bring it to the boiling point pour it while hot over 4 lbs. of grapes (ripe) which have been mashed to a pulp. Let stand 1 hour, then rub through sieve, add the juice of 1 lemon and freeze; when partly frozen add the beaten stiff whites of 2 eggs with two tablespoons of powdered sugar, mix well and finish freezing, then repack and stand 2 hours.

MILK SHERBET

One pint milk, 1 cup sugar, juice of 1 lemon, whites of 3 eggs. Squeeze the juice from the lemon, mix with the sugar; beat the whites to a stiff froth and stir into mixture. Have the milk ice cold. Add the mixture to the milk and freeze same as ice cream.

PINEAPPLE SHERBET

One can grated pineapple, juice of 2 lemons, 2 quarts water, 1 pint sugar. Boil sugar and water together. When cool add pineapple and lemon juice. Freeze, add 3 well beaten whites. Repack for 3 hours.

ORANGE SHERBET

One pint orange juice, 2 tablespoon gelatin, 1 lb. sugar, 1 quart water; cover gelatin with a little cold water and soak 30 minutes. Boil sugar and water together 5 minutes add the gela-

tin and let stand till cool; when cold add orange juice. Freeze and add the beaten whites of 3 eggs, or only 1 as liked. Repack, let stand 3 hours.

STRAWBERRY SHERBET

One quart strawberries, 1 lb. sugar, 1 quart water, juice 2 lemons. Boil sugar and water together for 5 minutes add lemon juice to the mashed berries. When the syrup is cold pour over the berries and strain. Freeze and add beaten whites of 1 or 3 eggs.

RASPBERRY SHERBET

Two quarts raspberries, 2 cups sugar, 1½ pints water, juice of large lemon, 1 tablespoon gelatin. Mash berries and sugar together and let stand 2 hours; soak gelatin in a little cold water ½ hour; heat ½ pint of water add dissolved gelatin, add 1 pint of water to berries and strain, add gelatin. Freeze.

SICILIAN SORBETTO

Mash 1½ quarts of ripe peaches through a sieve add 1½ pints of orange juice, boil 1½ lbs. of granulated sugar with 1½ quarts water for 5 minutes; cool. When cold add the fruit juice. Freeze. Remove the dasher, beat the whites of 2 eggs till stiff, add 2 tablespoons powdered sugar and stir into the sorbetto; mix well, repack and stand away for 2 hours.

STRAWBERRY MOUSSE

Whip 1 pint of cream to a stiff froth, add 1 cup powdered sugar and 1 pint of strawberries pressed through a sieve, mix well, put in a mold previously wet with cold water; pack in salt and ice and let stand for 3 hours. Turn out of mold and serve immediately.

BANANA MOUSSE

A new and delicious banana dessert is made as follows:

Put 6 fine ripe bananas through a colander, then add a half cupful of grated cocoanut. Fold in a pint of cream, dry whipped, and sweeten to taste. Turn the mixture into a mold and pack down in equal quantities of ice and salt for 4 hours. Serve in glasses.

PEACH MOUSSE

Rub 1 pint can peaches through a sieve. Add ½ cup orange juice, 1 cup sugar, boil till a thick syrup. The add to peach pulp and let get cold. Whip 1 pint cream, add vanilla. Add all to cream and pack in ice and salt 4 or 5 hours.

MAPLE MOUSSE

One cup maple syrup, yolks of 4 eggs, 1 pint whipped cream. Beat yolks of eggs till light, cook with syrup in double boiler 15 minutes, stirring constantly. Beat until cold, add whipped cream, pack in ice 5 hours.

ANGEL NECTAR

Fill ice-tea glasses half full of crushed ice, then 2/3 full grape juice. Pile a spoonful of whipped cream on top. If convenient put a sprig of mint on top. Use straws or long spoons when serving. Some like a little lemon juice added.

BEVERAGES

COFFEE

One rounding tablespoon of finely ground coffee to each person and 1 for the coffee pot, 1 egg, crushed shell and all. Half of the egg will do when eggs are expensive. Allow 2 cups of water to each person. Stir egg and coffee thoroughly together then add a little cold water. Standing awhile after mixing does not spoil it. Have the water in coffee pot boiling hot, stir the coffee into it, put on the stove, let it boil up, then stir it down, then place where it will simmer 2 minutes. Pour on a very little cold water to settle it. Do not let it stand after it is ready to serve. If wished to keep awhile pour off from the grounds into another pot and place where it will keep hot. Standing on the grounds makes it bitter.

The coffee pot must be kept clean. If a granite iron one is used and it looks black inside boil some soda in water in the pot a few minutes; this will remove the coffee oil which will spoil the best coffee if allowed to remain. If the pot is tin soda must not be used. Buy a new pot.

ICED COFFEE

When making the coffee for breakfast, make more than is needed. Use the extra iced for dinner. Do not let it stand on the grounds. Serve with cracked ice in each tumbler.

TO MAKE TEA

Two teaspoons of tea to 4 large cupfuls of boiling water, Bring water to boiling point and pour upon the tea. Let stand and steep for about 5 minutes. Do not use water that has been boiling any length of time. Never allow tea to boil.

ICED TEA

It is not necessary to be made fresh when used. It may be prepared and poured off the grounds into bottles or fruit cans and kept till required. Either black or green tea may be used

or both mixed. Most people like the black tea the best when iced. Serve with sliced lemons. For afternoon serving, peel lemons, slice thinly, stick 2 or 3 cloves through each slice.

GRAPE JUICE No. 1

Pick ripe grapes from the stems, wash, put into a preserving kettle with just enough water to keep from burning. Stir and cook for 30 minutes. Put them into a bag strainer and let them drip, but do not squeeze. To 3 quarts of juice add 1 quart of sugar. Stir till sugar is dissolved boil a few minutes and can or bottle up hot. If in bottles cover corks with sealing wax or paraffin.

GRAPE JUICE No. 2

Wash and pick grapes from stems. Put grapes in kettle with 2 qts. of water to each basket of grapes. Cook until grapes are pulp. Then strain through bag. One small cup of sugar to each 2 qts. of juice. Boil 5 minutes, then bottle while hot and seal.

GRAPE JUICE PUNCH

Two quarts of grape juice, 1 cup lemon juice, juice of 1 can of pineapple, 1 quart kitro or grape fruit tonic. Make a syrup of 3 lbs. of sugar; and add sufficient to sweeten the mixture; add 2 quarts of water. Will keep 2 weeks if kept bottled in the ice-chest. When wanted to serve place a piece of ice in a punch bowl and pour in the juice. Serve in small glasses.

MEAD

Two lbs. white sugar, 1 pint strained honey, ¼ lb. of tartaric acid and 2 quarts of boiling water. When cold flavor with lemon, sassafras or any preferred flavor. Put 3 tablespoons to each glass nearly full of ice water and stir in ¼ teaspoon soda. Drink while effervescing.

SILVER TOP

One quart of water and add 1 pint of sugar; while sugar is dissolving beat the white of 1 egg to a stiff froth and add to it ½ oz. of tartaric acid, then mix with the sugar and water and

flavor as desired. Use 2 tablespoons to 1 glass of water and a little soda. Stir and drink quickly. This drink can be made by using any fruit syrup.

CREAM BEER

Two oz. tartaric acid, 2 lbs. white sugar, juice of 1 lemon, 3 pints water; boil together 5 minutes, when nearly cold, add, after beating together whites of 3 eggs, ½ cup of flour, ½ oz. of essence of wintergreen, or any essence preferred. After being well mixed, bottle and keep in cool place. For drinking, take 2 tablespoons of the mixture to 1 tumbler of water and stir in ¼ teaspoon of bi-carbonate soda. Drink immediately.

CHOCOLATE

One square chocolate, scraped or grated, or 4 teaspoons cocoa, 1 quart of milk and water (half and half) ¼ cup of sugar. Have milk, water and sugar boiling hot, add the chocolate. Stir for 2 or 3 minutes. Boiling for 10 minutes improves it. Serve with whipped cream on each cup.

LEMONADE

Juice of 3 lemons to 1 pint of water. Sweeten to taste. If too strong of lemon juice add more water.

LEMON SYRUP

Juice of 12 lemons; grate in the rinds of 3, let it stand over night. Make a thick syrup of 6 lbs. of sugar; add lemon juice; strain, put in bottles, cork well. Use 1 tablespoon to a tumbler of water.

PINEAPPLE LEMONADE

One grated pineapple or 1 pint can; add juice of 4 lemons, and a syrup made of boiling 1 lb. sugar and 1 pint of water together. When cold add 1 quart of water. Strain and ice.

FRUIT PUNCH

Two dozen lemons, 1 dozen oranges, 1 dozen bananas, 1 pint can grated pineapple, 1 quart can strawberries, 2 quarts grape juice, squeeze juice from the lemons and oranges, slice bananas, add the other ingredients; add sugar to taste and enough water to make same as lemonade. Serve in small glasses, very cold.

RASPBERRY SHRUB

To every 2 quarts of berries use 1 pint of vinegar. Stir through, let stand 24 hours. Press out the juice and to every pint use ¾ lbs. granulated sugar. Boil about 20 minutes. Bottle up or can while hot.

EFFERVESCING RASPBERRY

Make a syrup with 1½ lbs. loaf sugar, 3 oz. of tartaric acid and a little water; put in a jug, add 3 pints of strained respberry juice; shake well and bottle. For 1 tumbler of water add 2 tablespoons of the syrup and ¼ teaspoon of soda.

MILK SHAKE

Flavor a white sugar syrup with any desired flavors, take 1/3 glass of the flavored syrup, fill with rich milk and pounded or shaved ice, aerate with egg beater.

CREAM NECTAR

One lb. coffee sugar, 1 quart water, 1 oz. tartaric acid, boil 5 minutes in porcelain kettle; while boiling add 1 tablespoon of corn starch mixed in a little cold water, when cool add juice of 1 lemon, whites of 2 eggs, flavor to taste; 2 tablespoons of liquid to a goblet of ice water, then add ½ spoon of soda. The liquid will keep a month if bottled and kept in a cool place.

LEMON BEER

Nine lbs. sugar, 3 nutmegs, 6 oz. cream tartar, 6 lemons, 3 pints yeast, 10 gallons water; put 4 gallons water to the sugar and boil it, put in 3 eggs well beaten to cleanse it before it boils, then skim it carefully, turn the remaining part of the water into a firkin, slice in the lemons, grate in the nutmegs, put in the cream tartar, the boiling sugar and then the yeast, stir, let stand 12 hours and bottle up.

GINGER BEER

Two quarts water, 1 cup sugar, 1 teaspoon ginger, ½ teaspoon tartaric acid, 1 small teaspoon soda. Dissolve sugar in the

water, stir in the acid, then the ground ginger; mix thoroughly and then stir in the soda. Drink immediately. If these ingredients do not suit each taste add or take from each quantity enough to change it to more or less acid.

VIENNA CHOCOLATE

For 30 People

Six squares Baker's Chocolate, 1½ cups boiling water, 2¼ cups brown sugar. Stir well together. Three pints milk, let all come to a boil. Dissolve 6 teaspoons corn starch in 1½ cups cold water or milk. When chocolate boils stir corn starch into it and keep stirring. Remove from fire and break 3 eggs into a large kettle and beat very light. Pour 1½ cups cold water into eggs. Pour chocolate over it. Serve with whipped cream on top of cups.

FOR A QUICK, COOL DRINK

Take some ice cream and ginger ale, serve both together in tall glasses. Carbonated Ginger Ale will give the same effervescent effect as you would have in an ice cream soda at the fountain.

CANNING

Select good firm ripe fruit for canning and preserving. Provide yourself with a large agate iron or porcelain lined preserving kettle; a can holder; a can funnel and a small, long-handled agate iron dipper. Always use good dry, white sugar. Prepare the fruit and measure it; weigh the sugar. Make a syrup of the sugar, using a quart of water to every 3 lbs. sugar for fruit and 4 lbs. for berries, skimming it if necessary; then add the fruit and cook according to the table given below. Scald the fruit jars by rolling them and their covers in hot water; put in the holder, put on the rubber, always use new rubbers for canning; then put in the funnel; then slip the fruit and juice into the jar; when full and running over scrape off the superfluous fruit and screw down the cover tight. Wipe off and place top side down to cool and to see that they do not leak. When cold put away in a dark, cool place. Do not let the fruit boil while canning, just steam or the can will be filled with froth and air bubbles. See government rules for Cold Pack Method.

Preserves may be put in fruit jars or in jelly glasses.

TABLE FOR CANNING FRUITS

	Time for Boiling.	Quantity of sugar to the quart.
Strawberries (hulled)	5 minutes	10 ounces
Cherries (pitted)	5 "	10 "
Raspberries	6 "	8 "
Blackberries	6 "	6 "
Blueberries	5 "	6 "
Plums (peeled)	8 "	10 "
Currants (steamed)	6 "	12 "
Peaches (peeled and quartered)	8 "	8 "
Tomatoes	20 "	None
Sour apples (quartered)	10 "	6 oz. to qt.
Gooseberries	8 "	12 "
Quinces (peeled and sliced thinly) steamed	15 "	12 "

Pears—Six oz. sugar to the quart. Peel pears, cut in halves, put in a steamer and steam till they can be pierced easily. Take

out and make a syrup of 6 oz. of sugar to a quart of pears. Put in pears and can while hot.

CANNED PINEAPPLE

Shave off outside. Cut out eyes. Slice about ¼ inch thick. Cut in quarters, taking out core or slice down around core. Cook or steam till tender, then make a rich syrup, put in pineapple. Can hot.

PRESERVING

Nearly all kinds of fruit require 1 lb. sugar to each lb. of fruit; cook 20 minutes after it comes to a boil. Seal up hot.

STRAWBERRY PRESERVE

One lb. sugar to each pound of berries. Boil together 5 minutes, let stand over night. In morning put cold fruit in sterilized cans. Seal and place in sun all day. If no sun, place in water and boil 5 minutes.

GINGER PEARS No. 1

Peel, core and halve small, sweet pears or quarter large ones; put on a plate in a steamer and steam till done; then take out, drain and save the juice and pears separately. Steam more until there are enough pears to fill 4 quart jars. Take 2½ times as much granulated sugar as juice and add to the juice in a preserving kettle; add ¼ lb. of pounded gingerroot and 1 tablespoon of mace broken up; also add 4 lemons sliced, taking out the seeds. Cook all together until the lemons are done and the juice is a rich brown syrup. Stir frequently and be very careful not to burn. Take out and strain through a sieve strainer, then add pears to the juice; if there is not syrup enough to fill the jars add water; boil up once and can, or put in jelly glasses.

GINGER PEARS No. 2

Eight lbs. pears, 8 lbs. sugar, ½ lb. preserved ginger, 4 lemons. Peel and core good sweet pears and chop coarsely together with the ginger; make a syrup of the sugar and 1 quart of water, add pears and ginger and boil 1 hour. Boil lemons till tender; peel and chop and add to pears and boil another hour. Put in glasses.

JELLY

CURRANT JELLY

Take ripe currants, mash them, heat them through, not to cook them; put in a thin cloth a quart at a time and gently press it and wring it to get all the juice, measure the juice; put in a preserving kettle and boil 20 minutes. Weigh the sugar, putting 1 lb. of sugar to each pint of juice or pound for pound. When sugar is dissolved, boil up once, try a little in a cup on the ice and if it jellies it is done. Probably it will jelly right away as soon as dissolved. Do not cook jellies after sugar is added any more than necessary or they will turn dark. Roll jelly glasses in hot water; fill with jelly nearly to the top. Cover with parafin while hot or melt it after jelly is cold and pour over. Put on the tin cover and put away in dry cool place.

RASPBERRY AND CURRANT JELLY

One-half red ripe currants to 2/3 raspberries. Make same as currant jelly.

APPLE JELLY

Use crabapples, Maiden Blush, Red Astrachans or Greenings; they all make good jelly. Wash them, cut up with the parings on. Put in the kettle, cover with water and cook slowly, stirring occasionally, till they are well done. Put in jelly bags and suspend from a stick over large bowls (the broom handle may be used in place of a stick) to drip overnight. In the morning put on kettle after measuring and boil from 10 to 20 minutes. Add sugar 1 lb. to each pint or pound for pound. Boil up, try, and when stiff enough, put in glasses.

GERANIUM JELLY

If desired to flavor above with rose geranium, put a small handful of the fresh leaves into the kettle, boil a few minutes and skim them out.

GREEN GRAPE JELLY

Pick grapes, just before they ripen, from the stems, wash them and put in a preserving kettle and put in just a little water to keep them from burning. Cook till the skins break, then put into bag-strainer and let drip into a large bowl, suspending the bag over the bowl. One lb. sugar to 1 pint of juice. Boil the juice same as currant jelly; add sugar, then try on the ice. When stiff enough put in the glasses.

GRAPE JELLY

Cook grapes that have been picked from stems, in a little water to keep from burning; when skins burst, rub through a sieve; then put 1 cup of sugar to 1 cup of juice or even quantities. Cook juice awhile before adding sugar.

QUINCE JELLY

Rub the down from the quinces, peel, quarter and cut out the cores. Slice the fruit and preserve it. Use the skins and the cores and seeds for the jelly. Cover them with cold water, boil them till soft (apples may be added to make more jelly) and will all be flavored with the quince. Put in jelly-bag, let drip into a large bowl or agate pan. Put juice, after measuring, into kettle; boil 5 minutes, then add the sugar (1 lb. to each pint), when dissolved, boil up once and try on ice. When stiff enough put in glasses.

JAMS, MARMALADES AND CONSERVES

For jams of all kinds allow ¾ lb. of sugar to each pound of fruit. Mash berries and sugar and cook slowly from 20 to 30 minutes. Skim, put in jars or jelly glasses.

SPICED CURRANTS

Five lbs. currants, 4 lbs. brown sugar, 1 tablespoon cloves, 2 tablespoons cinnamon, 1 pint vinegar; boil 2 hours or more until thick.

PLUM MARMALADE

Take Lombards or egg plums and peel by pouring hot water upon them, after skins are off weigh them and cover with the same weight of sugar. Let them stand over night. In the morning put in preserving kettle and cook till soft and the pits come out. Stir and when pits rise to the top while boiling skim out. When done enough put into jelly glasses.

PEACH MARMALADE

One peck of ripe peaches, 1 orange, sugar pound for pound of fruit. Peel the peaches, take out pits, put through food chopper. Put in preserving kettle with the pulp of the orange and the skin which has been prepared in the following manner: Put the skin of the orange in saucepan, cover with cold water. When it comes to a boil turn off water and cover again with cold water. Let boil till tender, scrape out the white, and put through chopper. Weigh the pulp and cook ½ hour. Then add the same amount of sugar and cook ½ hour longer.

ORANGE MARMALADE

Twelve oranges or 8 oranges and 2 grapefruit; 6 or 7 lemons; rind of 1 or 2. Peel and slice very thin. Cook the rind of 1 or 2 oranges in three separate waters, scooping out the white of

the inside, then cut in pieces with scissors very fine. Put all in a little more than 2 quarts of water. Let stand 24 hours. Measure or weigh fruit and let boil 1 hour. Then add equal amount of sugar and boil 1½ hours or until it jellies.

CRAB APPLE JIM JAM

Six lbs. of apples, not peeled but cored and chopped fine, 6 lbs. sugar, 1 lb. raisins, 6 oranges, squeeze out the juice and chop rinds, 1 pint vinegar. Cook the sugar, oranges and juice 10 minutes. Then add sugar and cook till it thickens.

STRAWBERRY CONSERVE

One pineapple, 2 boxes of berries, 1 orange, juice of 1 lemon, ¼ lb. pecans. Cook orange rind in water then put through fruit chopper. Put fruit all together and for 1 cup of fruit add ¾ cup of sugar. Cook all about 45 minutes. Add pecans (¼ lb.) about 10 minutes before removing from stove.

PLUM CONSERVE

Three lbs. blue plums (equal to one box), 3 lbs. sugar, ½ lb. pecans cut in half, 2 oranges. Grate the yellow rind and use pulp also; 1 lb. of raisins cut small. Boil down all until thick—about 45 minutes.

GOOSEBERRY AND ORANGE MARMALADE

Five quarts gooseberries, 5 oranges. Peel, after grating rind of 3. Cook together ½ hour. Then measure and add sugar, pound for pound. Cook until it jellies. Makes 18 to 20 glasses.

RASPBERRY JAM

One lb. sugar to each pound of fruit. Let boil until thick—at least an hour. Put in jelly glasses and seal with parafine.

CATSUPS AND PICKLES

TOMATO CATSUP

One peck of ripe tomatoes, cut up, boiled till well done, drain through a sieve to take away the thin watery part; then mash through the sieve. Put on the stove to cook in a preserving kettle; add 2 good sized onions chopped fine, salt to taste, 1 tablespoon white pepper, ⅛ teaspoon cayenne pepper, 1 tablespoon cinnamon, 1 heaping teaspoon mustard, 2 tablespoons sugar, 1 quart good cider vinegar. Boil 2 hours and if just thick enough, bottle while hot and cover corks and top of neck of bottles with sealing wax or paraffin. It may be put into fruit jars. It may be necessary to boil it down one-half to be thick enough to suit. Some like other spices in the catsup, but they make it dark and spoil flavor of tomatoes.

GRAPE CATSUP

Five lbs. grapes, boiled and pressed through a sieve; add 2 lbs. sugar, 1 pint vinegar, a heaping teaspoon cinnamon, ½ teaspoon cloves, 1 teaspoon allspice, 1 teaspoon pepper, 1 teaspoon salt. Cook till thick; seal up while hot.

CURRANT CATSUP

Same as Grape Catsup only using 4 lbs. of currants.

CHILI SAUCE

Two dozen tomatoes, 2 green peppers, 3 stalks of celery, 8 medium sized onions, 3 pints of vinegar, 2½ cups of sugar, 2 tablespoons of salt. Peel the tomatoes and chop them coarsely or put through a meat grinder, and drain through a colander. Then chop the rest separately. Then put all together in a preserving kettle, add the rest of ingredients and cook slowly for 3 hours. Stir often to keep from burning. Can while hot.

CORN RELISH

Twelve cups corn, 12 cups chopped cabbage, 6 red and 6 green peppers, 3 cups sugar, 3 tablespoons salt, ¼ lb. white mustard seed, 1 teaspoon celery and vinegar to cover. Cook 30 minutes.

PICKLES

Pickles should never be put in any vessels except earthen, graniteware or porcelain lined. Cider vinegar is the best to use. Always use glass jars or stoneware to put them away in. Always cover them with vinegar. Tie spices in muslin bags. A little alum will make them crisp. To make them green put green grape leaves between the layers when heating.

CUCUMBER PICKLES

Select small cucumbers, using only fine unspecked; pack in stone jars in layers and strew thickly with salt. Cover top layer very thickly with salt and pour on cold water enough to cover them. Lay a plate on the top of them and press down with a clean stone to keep cucumbers under brine. They will keep in this brine a month by stirring up from the bottom every other day. Only be sure the brine is strong enough to bear up an egg. When ready to put them up throw away the brine and every cucumber that is soft. Put them into fresh water and let stand 24 hours; then change water and soak another day. If they have only been in the brine 24 hours they need not be soaked. Heat some vinegar and pour over them boiling hot. Let stand a day. Then take the vinegar, put it in a kettle and add to 1 gallon of vinegar 1 cup of sugar and whole spices and whole black peppers tied in muslin bags. When boiling hot pour over cucumbers; let stand 2 days; heat vinegar and pour over again. Repeat this process three more times with 3 or 4 days between. Put in jars and cover closely. They will be ready to use in a month or two.

COLD CUCUMBER PICKLES

Pack cucumbers in jars. Pour over cold 1 qt. of vinegar, ¼ cup of mustard, ¼ cup of salt, ¼ cup of sugar. Mix well.

SLICED CUCUMBER PICKLES

Seventy-five cucumbers, 1 cup oil, 1 cup white mustard seed, 1 tablespoon celery seed, 1 quart little onions or large ones sliced. Make brine strong enough to hold up potatoes. Slice cucumbers, put into brine and leave until a little more salty than liked (2 or 3 hours). Drain well. Put in large pan or kettle, put on oil and seed, mix well and pack into jars and pour cold vinegar over.

SWEET CUCUMBER PICKLES

One gallon water, 1 cup salt, pour boiling hot over cucumbers, three mornings; then the fourth day make new brine the same and pour over three days. The seventh day pour over boiling hot once ½ vinegar and ½ water and piece of alum size of hickory nut. Next day drain well and cover with spiced vinegar, boiling hot. One gallon vinegar, 8 lbs. brown sugar, ½ lb. white mustard seed, ⅛ lb. cloves, ¼ lb. cinnamon, (stick) and 2 tablespoons celery seed. If large cucumbers are used, quarter them lengthwise. Three red peppers sliced. Cook peppers a few minutes in hot water and add to pickles as they are put in the cans.

PICKLES, RELISHES, ETC.

MIXED PICKLES

Two hundred small cucumbers, 1 head of cauliflower, 1 red pepper, 1 green pepper, 2½ pts. small white onions, 1 pt. brown sugar, 2 tablespoons black and white mustard seed mixed, 1 stick cinnamon, 1 tablespoon celery seed and a piece of alum size of a hickory nut. Vinegar. Make a brine of salt and water that will float an egg, pour over cucumbers which have been scrubbed, boiling hot. Stand 24 hours. Drain. Take ½ water and ½ vinegar and pour boiling hot over cucumbers. Stand 24 hours. Cook cauliflower after being washed and broken in small pieces, until almost done. Peel the onions, cut the peppers into strips and boil a few minutes in salted water. Take 1 quart vinegar, 1 pint brown sugar and all the ingredients. Add water if necessary. Can boiling hot.

PICKLED ONIONS

Peel small onions till white, cook in strong salted water for a very few minutes. Put in glass jars and pour over them hot spiced vinegar. Cover close; keep in a dark place.

PICKLED PEACHES

Peel and steam them till nearly done. Take them out and spread upon platters. To every 7 lbs. of fruit use 3 lbs. of sugar, add a little water and boil 15 minutes; skim and add 3 pints of vinegar, 1 tablespoon allspice, cinnamon, 1 teaspoon cloves. Boil all together 10 minutes; then add peaches and cook till they can be pierced with a broom straw. Take out and spread again on platters while boiling down the syrup. Pack the peaches in glass jars and pour the syrup over them scalding hot.

PEARS

Pickle same as peaches.

PICKLED WATERMELON RIND OR RIPE CUCUMBERS

Peel and cut in strips about ¾ of an inch thick, 1½ inches wide and 3 inches long. Boil in water till tender. Drain off the water and make a rich syrup of 3 lbs. of sugar to every 10 lbs. of rind; add 3 pints vinegar, 1 teaspoon cloves, 1 tablespoon cinnamon and 1 of allspice. Boil about 5 minutes and add rind and heat through. Seal while hot.

PICALILLI

One peck green tomatoes, sliced and put in layers in a large bowl or agate pan and sprinkle each layer with salt. Let stand till morning; then chop coarsely and drain through a colander. Chop or put through a meat grinder 8 good sized onions, 4 green peppers chopped, taking out the seeds. Put all in a preserving kettle and add 1 quart of vinegar, 1 tablespoon allspice, ½ tablespoon cloves, 1 tablespoon of cinnamon, 2 cups sugar. Stir all into the tomatoes and cook until soft and done through. It will take 3 or 4 hours. Put in fruit jars while hot. If too dry add more vinegar hot. It can be put in a stone crock and covered closely but must be watched and scalded occasionally to keep from spoiling.

CHOW CHOW

One peck of green tomatoes, ½ peck string beans, ¼ peck small white onions, ¼ pint green and red peppers mixed, 2 large heads of cabbage, 4 tablespoons white mustard seed, 2 tablespoons cloves, 2 of celery seed, 2 of allspice, 1 small box yellow mustard, 1 lb. brown sugar, 1 oz. tumeric; slice the tomatoes and let stand over night, salt well each layer; in the morning squeeze out the briny juice, put through the meat grinder or chop cabbage, onions and beans, grind or chop tomatoes separately; mix all with the spices; put in a preserving kettle and cover with vinegar and boil 3 hours.

TOMATO RELISH

Half peck ripe tomatoes chopped, 1 quart onions chopped fine. Drain both over night. Chop fine 2 bunches of celery, 3 red peppers (sweet ones), mix all together and add 2 cups of grated horseradish, ½ cup mustard seed, 2 cups light brown sugar, ½ teaspoon ground cloves, pinch of red pepper, 2 teaspoons cinnamon, 1½ cups cider vinegar, about ¼ cup of barrel salt. Put in cans and seal. This recipe makes about 6 pint cans.

CONFECTIONERY

MOLASSES CANDY

One cup N. O. molasses, 1 cup sugar, butter size of an egg, 1 tablespoon vinegar; boil, but do not stir till it hardens when dropped into cold water. When done stir in a teaspoon soda and beat well, pour into buttered pans and when cool pull until white, cut into sticks. If any flavoring is desired, put in before pouring out.

HOARHOUND CANDY

Steep 2 oz. of dried hoarhound in 1½ pints of water for ½ an hour. Strain and add 3½ lbs. of brown sugar. Boil till sufficiently hard. Pour out on greased tins and when cool enough to retain shape mark off in squares or sticks.

VANILLA TAFFY

One lb. white sugar, 1 cup cream, 1 oz. gum arabic; boil sugar and cream together, when half done add dissolved gum arabic. When done flavor with vanilla.

ORANGE OR LEMON DROPS

Grate the rind of 1 orange and squeeze out the juice, add to this a pinch of tartaric acid; then stir in confectioner's sugar until enough to form into small balls.

Make lemon drops the same way. Color a faint yellow.

BUTTER TAFFY

One cup molasses, 1 cup sugar; when boiled and done stir in nearly ½ cup butter, flavor with vanilla.

BUTTER SCOTCH No. 1

Four cups of brown sugar, 2 cups of butter, 2 tablespoons of vinegar, 2 tablespoons of water. Boil rapidly, without stirring, 4 or 5 minutes; spread on buttered tins and cool.

BUTTER SCOTCH No. 2

Cook 3 cups granulated sugar, ½ cup water, butter the size of an egg until it forms a soft ball in cold water. Add 3 tablespoons vinegar and a little vanilla. Cook until it is brittle in cold water. Pour in buttered pan and let stand until very hard. Then break up. This must be cooked over a very fast fire and takes about 10 minutes. Do not stir.

CREAM CANDY

One lb. sugar, 1 tablespoon vinegar, 1 teaspoon lemon extract, 1 teaspoon cream of tartar; add a little water to moisten sugar; boil till brittle, put in extract; turn out on buttered plates. When cool pull till white, cut into small pieces.

HONEY CANDY

One pint sugar (granulated) dissolved in a little water; add 4 tablespoons strained honey. Boil till brittle, when a little is dropped in cold water to try. Pour on buttered plates to cool a little; then pull.

CHOCOLATE CARAMELS No. 1

Four oz. chocolate put in a sauce pan and dissolved in ½ teacup water, add 3 lbs. sugar, ½ pint cream, 1 small teaspoon cream of tartar. Stir slowly till brittle when a little is dropped into cold water. Pour into buttered tins. Mark off into squares when cool enough. Flavor with vanilla.

CHOCOLATE CARAMELS No. 2

One and one-half cups of grated chocolate, 4 of brown sugar, 1½ cups cold water, egg-sized piece of butter, 1 tablespoon vinegar. Boil briskly over a quick fire, do not stir, but shake kettle over fire while boiling, till the caramel is brittle when dropped in cold water. Flavor with 2 teaspoons vanilla just before taking off. Pour into a buttered and floured drip-pan. Check off into even squares when cool and soft.

CHOCOLATE CREAMS

One-half cup of pulverized sugar, ½ cup cream, boil 5 minutes; make into balls while hot. Dip into melted chocolate.

VANILLA CARAMELS

Put into a sauce pan 1½ cups of brown sugar, 1 cup sweet cream, 1 teaspoon vanilla, butter size of small egg. Cook slowly till well done, it will take 30 or more minutes. Pour into buttered tins to cool. When cool enough mark off into small squares.

HICKORY NUT CANDY

One cup of nut meats, 2 cups of sugar, ½ cup of water; boil.

FAIRY CANDY

Two cups granulated sugar, ½ cup corn syrup, ¾ cup water. Mix and boil until it threads. Beat whites of 2 eggs until brittle in cold water; pour syrup slowly into them and beat until almost hard. Then pour into tin to cool.

DIVINITY CANDY

Two cups of granulated sugar, ½ cup corn syrup, ½ cup of hot water. Boil, without stirring, until brittle, tried in cold water. Beat whites of 2 eggs stiff; add 2 teaspoons vanilla and ½ cup chopped nuts. One-half cup of sliced maraschino cherries may be added if desired. Pour the boiling syrup into beaten eggs gradually, and stir continually until just possible to pour out.

PEANUT CANDY

Two cups granulated sugar, melted into a syrup in a hot saucepan. Stir all the time, until lumps are melted. Put 1 cup peanuts on bottom of shallow greased tin and quickly pour over them the hot syrup.

SALTED ALMONDS

Cover ¼ lb. of Jordan almonds with boiling water, and let stand 3 minutes, drain, cover with cold water, let stand 3 minutes and again drain. Rub off skins, and dry nuts between the folds of a towel. Put 1/3 cupful of olive oil in a small saucepan, set on range, and when hot put in ¼ of the almonds, and fry until delicately browned, stirring con-

stantly to keep almonds in motion. Remove with a spoon or skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt; repeat until all are fried. If olive oil is not at hand, clarified butter may be used, or clarified butter and lard in equal proportions.

POP CORN BALLS

One cup molasses, 1 cup sugar, 1 tablespoon butter, 3 tablespoons vinegar. Boil until syrup hardens when dropped into water; pour over corn, stir till mixed, then form into balls.

SEA FOAM CANDY

A homemade candy that "melts in your mouth" is sea foam. It is not hard to make nor is it expensive.

For sea foam candy cook 3 cupfuls of light brown sugar, a cupful of water and a tablespoonful of vinegar until the syrup forms a hard ball when dropped into cold water. Pour it slowly over the stiffly beaten whites of 2 eggs, beating continually until the candy is stiff enough to hold its shape. Then work in ½ cupful of chopped nuts and ½ teaspoonful of vanilla. Drop in small pieces on waxed paper.

COCOANUT DROPS

One lb. desiccated cocoanut, ½ lb. pulverized sugar, 1 white of an egg, work all together; roll into little balls in the hand and bake on buttered tins.

HICKORY NUT MACAROONS

To hickory nuts pounded fine add mixed ground allspice and nutmeg. Make a frosting as for cake; stir in meats and spices, putting in enough only to make it convenient to handle. Flour the hands and make the mixture into balls size of a nutmeg; lay them in tins well buttered, giving room to spread; bake in a quick oven; use washed butter for greasing the tins. Lard or salt butter gives an unpleasant taste.

MACAROONS

One cup powdered sugar, whites of 2 eggs beaten stiff, not dry, gradually beat in the sugar. Add cocoanut or chopped nuts.

Drop on paper, put in a tin and bake in a moderate oven. Take out and turn paper over and wet it with a brush and the macaroons easily come off. The paper peels right off.

CREAM WALNUT CANDY

Two lbs. of sugar, 1 teacup of water; boil until it threads. Flavor highly with vanilla. Take from fire and stir till white and creamy. Have walnuts ready; make candy into small, round cakes; press walnuts into sides. Drop into granulated sugar.

COCOANUT CREAM CANDY

One and one-half lbs. sugar, 1 cocoanut. Put sugar and milk of the cocoanut together; heat slowly till sugar is melted, boil 5 minutes, add cocoanut finely grated, boil 10 minutes longer, stir constantly to keep from burning; pour on buttered plates, cut in squares. It will take 2 days to harden.

PASTE FOR FRENCH CANDIES

One tablespoon water, white of 1 egg, beat into it enough candy-sugar or powdered, till stiff enough to roll or make into shapes.

CHOCOLATE CREAMS

Roll some of the French candy paste into any desired shape. Dip in melted chocolate. Drop on greased plates or waxed paper.

COCOANUT

Stir grated cocoanut into the paste and cut in squares. Hickory nut meats can be stirred with some of the paste. English walnuts can be pressed into both sides of small flat cakes. Can color candy with saffron flowers or pink with cake coloring.

COCOANUT CREAM FUDGE

Two cups granulated sugar, butter size of walnut, 2/3 cup milk, vanilla to flavor, 1 cup cocoanut. Make same as chocolate fudge, but add cocoanut or any nut meats to either recipe after taking from fire.

MAPLE FUDGE

Make the same as other fudge only substitute maple sugar for granulated.

FRUIT FUDGE

Add chopped candied fruits, dates, figs or citron to cream fudge.

CHOCOLATE FUDGE

Two cups granulated sugar, 2 squares chocolate, grated, butter size of walnut, 2/3 cup new milk. Put sugar, milk and chocolate in a granite sauce pan, boil, stirring constantly for about 4 or 5 minutes and when nearly done add the butter. It is done when some dropped in cold water will make a soft ball. Take from the stove, place dish in a pan of cold water, add vanilla, stir until smooth, heavy and cool. Spread on a shallow, greased pan.

MAPLE CREAMS

Take ½ as much water as maple sugar, cook without stirring, when nearly done put in a small piece of butter; try in water and if it begins to harden, take from fire and stir rapidly until it becomes waxen, then make into balls and put halves of English walnuts on either side. Put on greased plates to cool.

CHRISTMAS GLACES

Two parts granulated sugar, 1 part of cold water; stir together in a sauce pan; boil hard without stirring until it becomes as brittle as glass. Pour into warm cups, drop in white grapes, sections of oranges, figs, nuts or anything desired. Lift with a fork, place on buttered pan and set out in the cold.

Nut candies may be made by spreading out in buttered dripping pan and pouring the syrup over them. The fruits, nuts, etc., can be dipped into the hot syrup in the kettle with a long hat pin and placed on waxed paper or buttered plates to cool. When the syrup is ready to use, put kettle in a pan of hot water to keep syrup warm without further cooking.

MARSHMALLOWS

Dissolve ½ lb. of white gum arabic in 1 pint water; strain and add ½ lb. of fine sugar; place over fire and stir till of the consistency of honey, add gradually the whites of 4 eggs well beaten. Stir the mixture until it becomes somewhat thin and does not adhere to the finger. Flavor with vanilla; pour into a tin dusted with powdered starch; when cool divide into small squares.

MARSHMALLOW FUDGE

Two cups light brown sugar, butter size of a walnut, ¾ cup of milk. Boil until it forms a hard ball when dropped into cold water. Stir in ¼ lb. of marshmallows; flavor with vanilla and add walnut meats, just before pouring into a buttered pan.

CHOCOLATE MARSHMALLOW FUDGE

Boil 3 cups sugar, 1 cup milk, ¼ cake Baker's Chocolate, ¼ teaspoon salt, until it forms a soft ball in cold water (about 5 minutes). Just before taking from stove add 1 tablespoon butter. Take from stove, add ¼ teaspoon vanilla, and beat until it thickens. Pour over marshmallows in greased pan. Cut so as to have 1 marshmallow in each piece. If it becomes too thick to pour, a little hot water may be added.

MEDICINAL RECIPES

HOW TO KEEP WELL

Don't sleep in a draught.
Don't go to bed with cold feet.
Don't stand over hot-air registers.
Don't eat what you don't need, just to save it.
Don't try to cool too quickly after exercising.
Don't sleep in a room without ventilation of some kind.
Don't stuff a cold lest you should next be obliged to starve a fever.
Don't sit in a damp or chilly room without a fire.
Don't try to get along without warm underclothing in winter.

EAU SUCRE

Dissolve 4 lumps of sugar in glass of ice water. Take a teaspoonful every few minutes for a "tickling in the throat" or a hacking cough. Keep ice cold. Sometimes sugar dissolved in cream will also stop the cough.

CAMPHORATED OIL

Best olive oil and gum camphor. Pound the camphor gum and fill a bottle 1/3 full; fill up with olive oil and set away to dissolve. Good for sore throat, chest, etc. Apply externally.

TO DROP MEDICINE

Shake the bottle so as to moisten the cork. With the wet end of the cork moisten the edges of the mouth of the bottle, then, holding the cork under the mouth of the bottle, let the fluid pass slowly over the cork in dropping.

DISINFECTANT FOR SICK ROOM, ETC.

Put some ground coffee in a saucer and place a small piece of camphor-gum in the center; light the gum with a match. Burn the coffee along with it.

STOP THAT COUGH

Two ounces of alum water and 2 ounces of Listerine, mixed. Gargle the throat with it three or four times a day. Also it will not hurt to swallow a little.

This often helps to stop a cough when everything else has failed.

LINSEED SYRUP FOR COUGHS

One oz. of linseed boiled in 1 quart of water for 1 hour strain and add the juice of 2 lemons and ½ lb. rock candy.

Dose—A wineglass full when cough is troublesome.

MRS. WATSON'S COUGH SYRUP

One lb. rock candy, 1 lb. sugar, 1 lb. honey, 2 oz. glycerine, 1 tablespoon borax, ½ pint whisky. Melt rock candy in sauce pan over fire with a little water; add sugar when melted; boil, add the honey. Cool, strain and add the rest. Take a swallow when coughing. Fine for grippe cough.

FOR SORE THROAT AND HOARSENESS

One-half tumbler of water, 2 tablespoons of glycerine, ½ teaspoon powdered borax. Mix.

Dose—1 teaspoonful every hour, or if very bad, every half hour till relieved.

GARGLE FOR SORE THROAT

Put ⅛ teaspoon chlorate potassium in glass of water. Gargle frequently; or make a solution of 1 glass of hot water and 1 small teaspoonful of bi-carbonate of soda. This will often relieve the smarting of a red sore throat. Gargle every hour or more.

FOR A COLD IN THE HEAD

Snuff up powdered borax.

FLAXSEED POULTICES

(For Pneumonia, Congestion of the Lungs, etc.)

Put flaxseed meal in a large sauce pan and pour boiling water over it and stir and pour enough on to make like mush. For a

large poultice put in (some people cannot stand the mustard) 1/3 of a teaspoon of mustard and stir in dry meal before pouring on the water. Spread about ½ inch thick upon cheese cloth, pour a tablespoon or more of glycerine upon the poultice and some alcohol. Cover with another piece of cheese cloth or thin old muslin. Have poultice as hot as can be put on the flesh without blistering. Cover with a dry, warm cloth and then with cotton wadding and tuck flannel over all to keep warm. Have ready another poultice in time to exchange when the other gets cool, probably in 20 minutes more or less. Re-heat the other poultice by pouring a little water over it and putting it in a flat tin over the stove and turning it and lifting to keep from burning. When hot through pour on some alcohol and put on the person, then re-heat the other one. Apply till patient is better.

SPICE POULTICE

(For Cholera Infantum, Vomiting and Inactive Bowels.)

Make a poultice of flaxseed meal, and add 1 tablespoon allspice, 1 tablespoon cloves, 1 tablespoon cinnamon, added to the dry meal, pour on boiling water stir and pour till like a thick mush; spread upon cheese cloth and pour a little glycerine and alcohol over it. Cover with cheese cloth and put over the stomach and bowels, cover with cloths to keep warm. Keep warm with hot water bags around the person.

CURE FOR SPRAIN

Beat fine salt into the white of an egg like making frosting. Rub and bind on sprain.

BLOOD MEDICINE FOR CANCERS, BOILS RHEUMATISM, ETC.

One pint burdock seed, 1 lb. Honduras sarsaparilla root, 2 oz. quassia chips, 3 oz. yellow dock, 2 oz. senna leaves, 2 oz. licorice root, 2 oz. guac chips, 1½ oz. iodide potassa, (if stomach is weak, use only ½ or 1/3 of potassa) ½ pint alcohol, 1 oz. wintergreen essence, 2 lbs. granulated sugar. Put roots, leaves and chips in 6 quarts water, steep, not boil, 6 hours, strain, add the sugar and iodide of potassa; when almost cool add the alcohol and wintergreen; bottle and keep in cool place.

Dose—1 tablespoonful after each meal.

It is better generally to give both adults and children castor oil and next day or sooner, give mixture to stop pain, etc.

THE CHICAGO SUN'S CHOLERA MIXTURE

Take equal parts of cayenne, tincture of opium, tincture of rhubarb, essence of peppermint and spirits of camphor. Mix well.

Dose—15 to 30 drops in wine glass of water; repeat every 15 or 20 minutes until relief is obtained. This is a valuable remedy in ordinary summer complaint.

CURE FOR DIARRHOEA, CHOLERA, CRAMPS, ETC.

Equal parts of tincture of opium, tincture of camphor, tincture of peppermint, tincture of capsicum, tincture of rhubarb. Mix thoroughly.

Dose—15 to 20 drops in cold water when necessary

RHUBARB SYRUP (For Diarrhoea)

One oz. rhubarb root, 1 tablespoon cinnamon bark, 1 teaspoon soda, 1 pint boiling water, simmer 1 hour, cool, strain, add 1 cupful of white sugar; add 1 gill whisky. Bottle and keep in cool place.

Dose for Children—1 to 6 years, 1 teaspoonful 3 times a day. After that age increase the dose.

BLACKBERRY SYRUP

To 1 pint juice use 1 lb. white sugar, ½ oz. cinnamon, ¼ oz. mace, 2 teaspoons cloves; boil together 15 minutes, strain through a cloth, when cool add 1 wineglass of brandy to every pint of syrup, bottle and seal up.

RELIEF FOR ASTHMA

Soak blotting paper in salt petre water; dry, then burn at night in the patient's bed room. A few drops of whisky on lump sugar dissolved in the mouth will often give relief.

FOR BUMPS AND BRUISES

Apply hot water to the head instead of cold. It relieves pain quickly and often prevents the "black and blue" results.

TO REMOVE FRECKLES

Mix together 2 oz. of lemon juice and ½ drachm of powdered borax, 1 drachm of sugar. Let stand in a glass bottle a few days. Shake well. Apply to face and hands occasionally.

FOR INDIGESTION

Drink a cup of hot water ½ hour before meals or take 1 teaspoon soda in glass of water any time.

FOR CONSTIPATION

One oz. senna, ¼ oz. peppermint leaves, ½ lb. figs, chop all finely together and mix wtih a few spoonsful of molasses. Eat a teaspoonful after each meal.

CARROT OINTMENT

Take a large carrot, grate it; add 2 tablespoons lard; stew together in a sauce pan till the strength of carrot is extracted. Then press it through a thin piece of muslin, while it is hot; add a piece of beeswax size of a small walnut and stir till wax is dissolved through the ointment. Put in a salve box. Good for burns, scalds and boils; also for old and obstinate sores.

FOR INVALIDS AND CONVALESCENTS

TOAST WATER

Two slices of stale bread toasted brown on both sides; cut in pieces and pour on 1 pint of boiling water; let cool. It may be sweetened or flavored if liked.

CRUST COFFEE

Pour boiling water over pieces of bread toasted very brown. Strain; serve with cream and sugar.

HOP TEA

Simmer 1 tablespoon of hops in 1 pint of water; when it tastes strongly of hops, strain and add sugar to suit the taste.

FOR KIDNEY TROUBLE AND WEAK STOMACH AND LIVER

Fresh buttermilk makes a good drink for people with kidney trouble and for weak stomach. If fresh buttermilk can not be obtained, get cubes at the drug store to make from fresh milk.

MILK PUNCH

One cup of milk, sweetened, 2 tablespoons brandy stirred in. Put in pieces of chipped ice; grate nutmeg over the top.

LIME WATER AND MILK

One wine glass limewater, mixed with 1 goblet of milk, can be retained by some weak stomachs when they can retain nothing else.

JELLY WATER

One large teaspoon of currant or cranberry jelly in a goblet of ice water; beat up well. Good for fever patient.

Blackberry or wild cherry jelly prepared the same way is good for those having the summer complaint.

APPLE TODDY

Boil a large juicy apple in 1 quart of water, when fallen to pieces, strain off the water; while hot sweeten to taste, add lemon juice and 1 glass of good whisky. Take hot at bed time for influenza.

FLAXSEED LEMONADE

Four tablespoons of whole flaxseed, pour over them in a pitcher 1 quart of boiling water; let it stand 3 hours, then add the juice of 2 lemons; sweeten to taste; if too thick add cold water; ice cold for drinking. Good for colds.

MINT JULEP

Bruise slightly some sprigs of green mint in a tumbler with a teaspoon; add 1 teaspoon heaping of white sugar; then stir in lightly enough water to ¾ fill the glass. Fill up with pounded ice; stir hard and add 2 tablespoons of fine brandy. This is called "hail-storm" julep.

EGG NOG

Beat 1 egg, yolk and white separately; put yolk of egg in a goblet, stir in 1 heaping teaspoon sugar, fill glass nearly full of rich milk; stir in the beaten white, grate a little nutmeg or put in sprinkling of cinnamon on top; 1 tablespoon of whisky, brandy or sherry may be put in if necessary.

BEEF TEA

One lb. of lean beef, cut small and put in a wide-mouthed bottle and cork tightly; set bottle in water and boil 2 hours; when done strain and season. Chicken can be used in same way.

BEEF JUICE

Broil some good juicy steak on each side until hot, but not cooked clear through; cut fine and put in a jelly press and squeeze out all the juice; add a little hot water and season with salt. This is very stimulating to the stomach and gives the invalid an appetite.

BEEF EXTRACTS

Use Liebig or Armour's or Cudahay's beef extracts according to rule and it makes them nice to add cream.

ARROW ROOT JELLY

Mix 3 tablespoons arrowroot with water or milk till perfectly smooth; boil the yellow part of the peel of 1 lemon in 1 pint of water until reduced half; take out the peel and pour in the dissolved arrowroot, sweeten it and boil 5 minutes.

CHICKEN BROTH

Cut up a part of a fowl, bone and all in small pieces; cover with cold water. Bring to a boil and then simmer slowly till done. Strain, season with salt, let get cold and remove the fat. It should be used warmed, clear or a little cream added.

CALVES' FEET BROTH

Two calves' feet in 2 quarts of cold water, bring to a boil and simmer to shreds. Strain and season to taste. Set away till needed. Warm a small quantity at a time, allowing to each cupful 1 beaten egg and 2 tablespoons of milk. Boil up once and serve with thin crisp toast. A little lemon added is liked by some.

MUTTON BROTH

Put 1 lb. of lean mutton in 1 quart of unsalted cold water. Simmer till tender. Strain, season with salt and simmer awhile longer. Cook, 1 tablespoon of rice or barley till done, add to the broth 4 tablespoons milk and serve hot with cream crackers.

PANADA

Put 3 Boston crackers in a bowl and pour hot water over them; soak till soft, then put on a small lump of butter; grate over a little nutmeg or cinnamon, as preferred. Sweeten to taste. Eat hot. Add spirits if required.

MILK TOAST

Slice bread ½ inch thick, toast quickly and dip each slice in boiling water; butter a little, salt slightly and lay in a covered dish. Have ready boiling milk and pour over the toast. Cover closely and let stand 5 minutes.

BROILED CHICKEN OR QUAIL

Use the breast and broil on both sides, season lightly with butter, pepper and salt. Serve on a pretty plate with a slice of toast and a little jelly.

OAT MEAL WAFERS

Use equal parts of oat meal and water, add a little salt, make as thin as it can be shaken on the bottom of a pan so they will not be thicker than a knife blade when done. Bake very slowly and until quite dry, watching that it may not scorch. It will break up in pieces when taking out of the pan. Any delicate person can digest them and well people are fond of them.

TAPIOCA JELLY No. 1

Wash 1 cup tapioca; soak all night in 3 cups water until transparent; add sugar and lemon juice and a very little of the grated peel while boiling. Put away to cool when done.

TAPIOCA JELLY No. 2

One-half pint of tapioca, 1 quart of water, juice and a little of the yellow rind of a lemon; soak the tapioca 3 or 4 hours in the water, sweeten it, and boil for 1 hour in a double boiler, or until quite clear, stirring it often. When almost done, stir in the juice and the grated rind of the lemon. When sufficiently cooked, pour into mold or cups and eat cold with cream.

CINNAMON TEA

To ½ pint of fresh milk add stick of ground cinnamon enough to flavor and white sugar to taste, bring to the boiling point and drink either warm or cold. Excellent for diarrhoea in adults or children. A few drops or a teaspoon of brandy may be added if the case demands.

CREAM SOUP

One pint boiling water, ½ teacup cream; pour the water on the cream; add broken pieces of toasted bread and a little salt.

TO REMOVE GREASE FROM BROTHS FOR THE SICK

After pouring in dish pass clean white wrapping paper or blotting paper quickly over the top of the broth using several pieces till grease is removed. It can also be absorbed by holding lightly a piece of bread on a fork on the top of broth. If there is time let stand until cold and then remove the grease.

BEEF BROTH

Cut in small pieces 1 lb. of good lean beef; put in kettle with 2 quarts of cold water and simmer 1½ hours; then add ½ teacup of tapioca that has been soaked in cold water 2 or 3 hours and boil ½ an hour longer. If the patient is strong enough to digest it, a bit of parsley and 2 or 3 slices of onion may be also cooked in it. Strain before serving, seasoning lightly with salt and pepper. It is more strengthening, if a soft-poached egg is added. Rice may be used instead of tapioca, straining the broth and adding 1 or 2 tablespoons of rice (soaked ½ hour) and then boiling ½ hour.

ANTIDOTES FOR POISONS

Remedy for some poisons to be given while waiting for the doctor:

For almost all poisons and nothing else at hand cause vomiting by giving a strong solution of mustard and water, then feed whites of eggs beaten.

IVY POISONING AND BEE STING

Apply olive oil.

ALCOHOL

Give an emetic; dash cold water on the head; then a few drops of ammonia in water.

CORROSIVE SUBLIMATE

Take the mustard and water then ½ dozen raw eggs.

OXALIC ACID

Soap and water, or chalk or magnesia and water. Give every 2 minutes.

TOBACCO

Give an emetic, frequent drinks of cold water, a little camphor and water and brandy.

LEAD

Give an emetic then a dose of castor oil or epsom salts.

LAUDANUM, OPIUM, MORPHINE

Give an emetic of strong mustard and water, then very strong coffee. Dash cold water on the head and keep patient moving about.

AMMONIA

Lemon juice or vinegar.

ARSENIC

An emetic of mustard and salt; 1 tablespoon of each in a coffee cup of warm water; then follow with sweet oil or milk. Beat up whites of eggs and give in milk or lime.

CARBOLIC ACID

Use alcohol freely to neutralize effects of acid.

CHAFING DISH RECIPES

FILET OF BEEF, WITH PEAS

Filet of beef, sliced 1 inch thick, 1 can French peas, 2 tablespoonfuls butter, 1 teaspoonful sugar; salt. Saute filet in butter in chafing dish; place on hot platter. Pour around it peas (previously prepared). To prepare peas, heat in lower pan, adding sugar, butter and salt to taste. Keep hot until filet is prepared.

CREAMED FINNAN HADDIE

Broil fish just enough to heat through nicely, pick up fine. One pint will serve 6 or 7 people; ¾ pint cream and milk; 1 tablespoon flour in cold milk or water; 1 raw egg; 1 boiled egg cut in dice; ½ cup grated cheese. Put cream and fish in dish, when hot add thickening, then cheese, egg without beating, then the hard boiled egg; serve on crisp toast. Nice to cook in chafing dish.

DEVILED FISH

One pint cold fish; 1 tablespoonful tarragon vinegar; 1 tablespoonful walnut ketchup; 1 teaspoonful of anchovy sauce; ½ onion; ¼ teaspoonful paprika; salt. Brown onion in butter; add other ingredients; lastly add the fish. Heat 3 minutes and serve with toast or salted wafers.

CREAMED SHRIMP

One cupful of shrimp; 1 cupful of milk; 2 tablespoonfuls butter; 1 tablespoonful flour; salt and paprika. Melt butter in chafing dish; add flour; then add milk. When cooked to a cream add the shrimp. Salt and paprika to taste. Cook 2 minutes. Serve with salted wafers.

SARDINES

Prepare a dozen sardines by removing skin; put a tablespoonful oil in chafing dish; juice of ½ a lemon; teaspoonful sauce piquante; heat the fish in this 3 minutes; serve on salted wafers.

WELSH RAREBIT—No. 1

Yolks 2 eggs; 2 cupfuls of cheese; 2 tablespoonfuls of butter; ½ cup milk; ¼ teaspoonful prepared mustard; salt and dash cayenne. Melt butter; add milk with mustard and seasoning; when cheese is melted add the well beaten yolks; stir till thickened. Serve from chafing dish on hot plates.

WELSH RAREBIT—No. 2

One tablespoon butter, 1 teaspoon corn starch, ½ cup thin cream, ½ lb. cheese, ¼ teaspoon salt, ¼ teaspoon mustard, pinch red pepper. Melt butter, add corn starch, add cream gradually while stirring constantly, cook 2 minutes. Add cheese and stir till cheese is melted. Season. Pour on untoasted side of bread.

EGGS BECHEMEL

One tablespoonful minced onion; 2 tablespoonfuls butter; 2 tablespoonfuls flour; 2 cups milk; 6 hard boiled eggs. Brown onion in butter; then add flour; add milk and cook until mixture thickens; add eggs cut in quarters, lengthwise. Thoroughly heat in sauce. Serve from chafing dish, with salted crackers.

EGGS WITH MUSHROOMS

One cup mushrooms; 5 eggs; 2 tablespoonfuls butter; 4 tablespoonfuls of cream or milk; salt. Saute mushrooms in butter; add eggs, well beaten, and cream; salt; stir till eggs are cooked. Serve from pan.

DRIED BEEF WITH EGGS

Pick thinly sliced dried beef in small pieces; cover with hot water; let simmer 5 minutes; then pour off the water and put 1 heaping teaspoon butter into the chafing dish with dried beef; let it cook a very few minutes, then pour into the dish 4 partly beaten eggs; stir like scrambled eggs. When done serve with toasted bread.

CHIPPED BEEF—BOSTON STYLE

One-half cup dried beef; 1 cup tomatoes; 2 tablespoonfuls butter; 2 tablespoonfuls grated cheese; 3 eggs; salt and pepper;

cinnamon; onion juice. Place butter in chafing dish with tomatoes. Add a drop of onion juice. When heated add the beef, shredded fine; then the cheese, with a little each of salt, pepper and cinnamon. Serve on toast, or on a platter garnished with hard boiled eggs, cut in quarters.

LIVER SAUTE

Six or 7 thin slices calf's liver; 2 tablespoonfuls butter; 1 tablespoonful sauce piquante; 5 drops onion juice; salt. Saute liver in butter; add onion juice; sauce and salt to taste. Serve hot, sprinkled with finely chopped parsley.

EGGS POACHED IN CREAM

Heat 1 cup cream, a little salt and pepper. When boiling hot break in carefully 6 eggs. When white is set, serve on hot buttered toast.

For creamed codfish and creamed dried beef see recipes for same.

OYSTER PAN ROAST

One dozen large oysters, 1 tablespoon butter, ½ pint oyster juice, 3 slices toast, salt and pepper. Put butter in chafing dish; as it melts add oysters and juice; cover and cook 2 minutes or until edges are curled. Serve on hot toast moistened with juice.

OYSTERS—NEWBURG

One cup oyster meats; 1 cup cream; one tablespoonful butter; one tablespoonful mushroom ketchup; yolks of 3 eggs; salt and paprika. Thoroughly beat eggs, and heat with cream and butter in chafing dish. When thickened add the oysters, and lastly the ketchup and seasonings. Serve hot in dishes.

CURRIED OYSTERS

One pint oysters; 2 tablespoonfuls butter; 1 of flour, teaspoonful curry; a little salt. Heat butter and flour in chafing dish; add oysters; when hot add curry and salt. Serve from pan with salted wafers.

OYSTERS WITH BACON

One dozen large oysters; very thin slices of bacon. Wrap each oyster with a slice of bacon and saute in butter. Curry may be added if desired.

EGGS A LA RUSSE

Five eggs; 2 tablespoonfuls butter; 1 cup milk; ¼ teaspoonful paprika; anchovy paste; 1 teaspoonful lemon juice; salt. Heat milk and butter together; add well-beaten yolks of eggs with salt and paprika; when thickened add well beaten whites. Cook 2 minutes and spread on toast, which has been previously spread with anchovy paste mixed with lemon juice.

EGGS WITH HAM

One cup boiled ham; 6 eggs; pepper and salt; parsley. Mince ham; fry lightly in the blazer. Then add the well-beaten eggs. Serve from the chafing dish upon hot plates, a sprig of parsley on each.

CHEESE FONDU

Two eggs; 1 cup of cheese; 1 cup of milk; tablespoonful of butter; salt; paprika. Heat milk and butter; then add cheese; when dissolved, add eggs, previously well beaten; lastly condiments. Serve with bread or salted crackers.

CREAM OF ASPARAGUS

One can asparagus; 3 tablespoonfuls of butter; 1 spoonful of flour; yolks of 3 eggs; 1 pint of stock; 1 pint of milk; salt and pepper. Heat milk and stock together in lower pan; add the asparagus (after having been crushed or sieved); then add butter and flour rubbed together; the well beaten yolks of eggs; salt and pepper to taste. Serve directly from the pan.

BOUILLON

Two tablespoonfuls extract of beef; 1 quart of water; heat in lower pan and serve from it, in cups. If desired, more seasoning may be added.

CHEESE SANDWICH SAUTED

One-half cup cheese mashed smooth with cream, 12 thin oblong slices of bread spread with cheese mixture, press 2 slices together and saute delicate brown on both sides in 1 tablespoon butter. Serve very hot.

LOBSTER A LA NEWBURG

Two and one-half cups cold lobster cut in ½ inch pieces, heat in 2 tablespoons butter, adding salt and pepper, add 1 cup of cream with beaten yolks of 3 eggs. Cook till well mixed and spread on toast. Add ½ cup of sherry wine if desired.

CHICKEN A LA NEWBURG

Make as above recipe, only use chicken in place of lobster.

BABY FOODS ETC.

ARROWROOT FOOD FOR BOTTLE BABIES No. 1

One of the almost unfailing recipes for babies that have to be brought up on a bottle is as follows: One small teaspoon of white granulated gelatin soaked 1 hour and 2 rounded teaspoons of arrowroot, dissolved in ¼ tumbler of water; 1½ cups of water and 2 heaping teaspoons sugar and 1 large pinch of salt; boil the dissolved gelatin in the water; then stir in the arrowroot and let come to a boil and boil 1 minute, stirring all the time. Then add 1 quart of rich milk and bring to a scalding heat—not boiling at all; stir all the time. Be very careful not to scorch. If they cannot digest the milk, take 2 cups of water, the top of the quart of milk and 6 tablespoons of cream. Use this in the place of the quart of milk.

OAT MEAL FOOD No. 1

Two heaping cups of steel-cut oat meal put in a 3 quart double boiler, ¼ teaspoon salt, fill up boiler with water; stir well. Boil for 3 or 4 hours, stirring occasionally. Then strain through a fine sieve strainer by rubbing with a spoon. Cool and put in refrigerator. Take ½ gruel to ½ milk and ½ teaspoon of sugar. Heat till warm enough to feed. Strain through a funnel into the bottle. Give to small infants 4 oz. every 2 hours and increase quantity as baby grows older. When 6 months old they can go 3 hours and take 6 to 8 oz.

OAT FLAKES BOTTLE FOOD No. 2

Use rolled oats—not Quaker oats—2 cups, heaping, to 2 quarts of cold water; soak 1 hour. Then whip with a fork or egg-whisk vigorously for a number of minutes. Rub through a fine sieve strainer. Put in a double boiler with ¼ teaspoon salt, cook after it boils ½ hour or more. Cool and set in refrigerator. Use ½ gruel to ½ milk, sweetened a little. The whole quantity can be mixed with milk and brought to a scald and kept in ice-chest till wanted. This is good for constipated babies.

SUMMER COMPLAINT FOOD

For cholera infantum, when babies refuse all food, use egg-albumen food.

OINTMENT FOR BABIES

Babies when teething or have colds, frequently have breaking out or roughness of the skin, etc. Take vaseline and mix in boracic acid powder. Keep in a small tin or glass box and put on the spots till healed.

CHOKING

When anything lodges in a baby's throat, turn the child's head down and shake and gently pat on the back. Sometimes if it is a piece of food it may be pushed down with the finger.

WIND COLIC

One-half cup hot water, stir in ½ teaspoon powdered magnesia, ½ teaspoon sugar and 6 drops of essence of anise. Feed to baby as much as baby will take.

FOR BABY'S SORE MOUTH

Swab the mouth with the following mixture every little while: ½ tumbler water, 1 teaspoon glycerine, ½ teaspoon borax, mix. Make a swab of linen frayed some and wound around the end of a stick and fastened tightly.

FOR SORE EYES

Use a little boracic acid dissolved in water; wash and drop into the eyes.

HOUSEHOLD RECIPES

LEMON AND ORANGE EXTRACTS

To the yellow rind of 4 dozen lemons or oranges, 1 quart alcohol. Peel very thin without any of the white part of rind as that is bitter.

HEATING MILK

To heat milk without scorching, stir in sugar intended to use in the recipe, like for custards, creams, etc. That is when one does not wish to use double boiler.

FUZZ ON PEACHES

To take fuzz from peaches for pickling, eating, etc., use a whisk broom.

TO MAKE FIFTEEN POUNDS OF SOAP

Take 7 lbs. of firm, tough soap; cut in thin slices; 2 lbs. of sal soda; 1 lb. unslacked lime. Put lime and soda into a dish and pour over it 2 gallons of boiling soft water. Stir this well and let it settle; then pour off the clean water into the dish containing the soap. Put it onto the fire and let it remain there until the soap is dissolved. Dissolve 1 oz. of alum and 2 oz of borax. Stir the soap and pour in the alum and borax just when taken from fire. Let the soap cool a little, then put in 1 oz. of benzine. When it gets perfectly cold the soap will be hard and can be cut into any size bars.

SOZODONT

Castile soap 1¼ drams, glycerine 1¼ drams, alcohol 1 oz., soft water 4 oz., oil of wintergreen enough to flavor. Mix.

TOOTH POWDER

Equal parts of prepared chalk, orris root and carbonate of magnesia.

TO DETECT OLEOMARGARINE

Grease a piece of clean writing paper with the suspected butter; burn the greased paper; when half consumed blow it out. If the smoking paper smells like a blown-out candle, or, in other words, smells of tallow, the butter is impure.

CLEANING FLUID

One gallon of gasoline, 1 oz. alcohol, ⅛ oz. bay rum, ⅛ oz. ammonia, ½ oz. chloroform, ⅛ lb. borax, ½ oz, ether; mix, and be careful not to use it near a fire or light.

TO REMOVE INK

When the ink is still wet sponge thoroughly with skim-milk. Wash sponge in cold water then wash ink again with the milk, and so on till the ink has disappeared. If the ink has dried remove from white cloth by oxalic acid or lemon juice and salt.

MILDEW

Mix lemon juice with salt, powdered starch and soft soap; rub on thickly and put in hot sun. Repeat two or three times if necessary.

MOSQUITOES

Uncork bottle of pennyroyal at night and leave open in sleeping room. The mosquitoes will leave.

RATS AND MICE

Mix potash with Indian meal and throw it into rat holes. Rats will leave. Saturate a rag with a solution of cayenne pepper and stuff it into the holes and the mice will avoid them.

FOR BURNS

One-third part linseed oil, 2/3 parts lime water. Shake well; apply and wrap in soft linen.

TO BLANCH ALMONDS, ETC.

And to remove skin from chickens and to whiten vegetables, plunge in boiling water a short time then into cold water.

TO REMOVE EGG STAINS ON SILVER

Fine salt rubbed upon the silver used in eating eggs will remove the stain.

TO CLEAN MICA IN A STOVE

Take out and wash with vinegar.

TO TAKE OUT TAR FROM CLOTH

Saturate and rub well with turpentine.

TO SOFTEN BOOTS AND SHOES

Which have been hardened by getting wet, apply kerosene.

TO TAKE OUT MACHINE OIL

When black machine oil gets upon cloth, rub it with lard, let stand a few minutes; then wash with cold water and hard soap. The same way when it gets upon the hands.

VASELINE STAINS

Soak in kerosene **before** washing. If goods are unwashable, clean with chloroform.

DO NOT SALT FRESH MILK

When preparing any sauces, gravies or porridges with milk, do not salt until prepared, or the milk will curdle.

WASHING FLUID

One lb. Babbitt's potash, 1 oz. salts tartar, 1 oz. muriate ammonia. Dissolve the potash in 2 quarts hot soft water, add the other ingredients, then add 2 quarts more of hot water. Follow directions carefully and do not breathe fumes. Pour in a jug and cork, or when cold in a fruit jar and seal to preserve the ammonia.

Directions for Using—Put on the boiler with 4 pails of cold water, 1 teacup of the liquid and 2/3 teacup of soft soap or its equivalent in hard soap shaved thin. Sort the clothes, placing the finest and least soiled in the water while it is still cold; let

them come to a boil, and boil 20 minutes. Place the rest of the clothes in a tub with just enough cold water to wet them thoroughly, soaping each article on the parts most soiled as you put them in. When the first lot of clothes are removed from the boiler add a little cold water to that in the boiler. Lift the second lot of clothes from the tub to the boiler without wringing. Put the clothes that have been boiled, a few at a time, into a tub of clean warm water and rub slightly, using as little soap as possible. Rinse thoroughly, blue, wring and hang out to dry. If there are more clothes to boil, add a little more fluid and water to the boiler and proceed as before. This recipe is for white clothes. Calicoes may be washed in one of the tubs after the other clothes are out. While the first lot of clothes are soaking and boiling, the flannels may be washed and hung out to dry. This fluid has been thoroughly tested. It is a great saving of labor and does not injure the clothes if used according to directions.

TO REMOVE IRON-RUST FROM WHITE GOODS

One oz. oxalic acid dissolved in 1 quart of water; wet the iron-rust spots in this solution and lay in the hot sun; the rust will disappear in from 3 to 20 minutes, according to its depth. Or hold the rusted cloth, wet in this solution, over the steam of a boiling tea-kettle. In either case the cloth should be well rinsed in water as soon as the rust disappears to prevent injury from the acid. Many use this acid to remove fruit and ink stains from white fabrics. When diluted still more it may be used to remove fruit and ink stains from the hands.

MOTHS IN CARPETS

Take a coarse crash towel, wring it out in clean water and spread it out smoothly on the carpet, then iron it dry, repeating the operation in all suspected places, and those least used; then, by placing a few crumbs of sulphur under the edges of the carpet the result is accomplished.

TO RENOVATE BLACK SILK

Rub the silk all over on the right side with a solution of ammonia and water (2 teaspoons powdered ammonia to ¼ pint warm water) and smooth it out on the wrong side with a moderately hot iron, and the silk will present a bright black appearance.

TO RESTORE RUSTY BLACK LACE

A teaspoonful of gum arabic dissolved in 1 teacupful of boiling water; when cool, add ½ teaspoon black ink, dip the lace and spread smoothly between the folds of a newspaper, and press dry with books or the like. Lace shawls can be dressed over in this way, by pinning a sheet to the carpet and stretching the shawl upon that.

TO RENOVATE BLACK ALPACAS AND DRESS GOODS

To dress over black alpacas or black worsted dress goods of any kind, sponge with cold black tea and iron on wrong side.

TO CLEAN BLACK RIBBON OR SILK

Take an old kid glove (black preferable), no matter how old and boil it in a pint of water for a short time, then let it cool until the leather can be taken in the hand without burning; use the glove to sponge off the ribbon. If the ribbon is very dirty, dip it into the water and draw it through the fingers a few times before sponging. After cleaning, lay a piece of paper over the ribbon and iron; paper is better than cloth. The ribbon will look like new.

TO KEEP WOOLENS AND FURS

When wished to put away for the summer from the moths, brush and beat out the dust and hang out of doors for a few hours. Then have a tight box or barrel (an empty alcohol barrel is good) fold and pack neatly the garments, sprinkle over with insect powder. Cover over with newspapers and close tightly. Of course tar, camphor and such like preparations may be good, but they smell so badly that it might even keep away burglars as well as moths.

TO WASH STRAW MATTING

Wash with a cloth dipped in salt and water; then dry quickly.

CLEANING FLUID

Fifteen cents worth of ether and chloroform to 2 quarts of gasoline.

INDEX

	Page
Antidotes for Poison	225-226
Baby Foods, etc.	233-234
Beverages	177-181
Bread, Rolls, etc.	79-86
Cakes	109-123
Cake Fillings and Frostings	125-127
Catsups and Pickles	197-199
Canning	183-184
Cereals	75-76
Chafing Dish Recipes	227-231
Cookies	99-100
Confectionery	205-211
Clams	17
Croquettes	49-50
Doughnuts	97-98
Eggs	55-57
Fish	23-27
For Invalids and Convalescents	219-223
Game	29-30
Gravies for Meats and Fish	51-54
Household Recipes	235-239
Household Refrigeration	243
Ice Cream and Frozen Desserts	169-175
Jams, Marmalades and Conserves	193-194
Jellies	189-190
Kitchen Time Table	5
Light Desserts	159-167
Lobsters	21
Macaroni and Cheese	73-74
Medicinal Recipes	213-217
Meats	37-47
Oysters	15-17
Pancakes	93-95
Pickles, Relishes, etc.	201-202
Pies	129-135
Preserving	187
Poultry	33-35
Puddings	139-146
Pudding Sauces	149-152
Salads	103-107
Sandwiches	89-90
Sauces	155-157
Short Cakes	137
Soups	7-12
Vegetables	59-71

HOUSEHOLD REFRIGERATION

MR. C. H. LEONARD, author of the following articles, has been closely identified with the refrigerator business for more than forty years. Selling various types, as a dealer, during the first five years of this connection, he came into close contact with the needs of the consumer. Here the necessity and the opportunity for big improvement were forcibly brought home to him.

In 1882 Mr. Leonard's first patent was granted and the active manufacture of a better refrigerator was started in a small, rented shop. Old-fashioned honesty, with new-fashioned ideas—always improving—have achieved a wonderful success. That small, rented shop and the man with the yearning for something better have developed the largest and finest refrigerator plant in the world.

Here the Leonard Cleanable Refrigerators are built—the crowning achievement of forty years efforts. They are so honestly constructed, so durable and so sanitary that they are known all over the civilized world as the BEST Refrigerators made.

SELECTING A REFRIGERATOR

An unscrupulous dealer once said to us, "I would not sell a refrigerator that would last more than a year. I have lots of customers who buy a refrigerator and a gasoline stove every summer. They think it is the right thing to do."

This dealer would not sell the "Leonard Cleanable" because he knew it usually lasts twenty-five years and he could not make money on repeat orders.

There are thousands of so-called refrigerators built to meet the demand of this dealer. They are mere shells of wood without the all-essential inside box. They waste ice, spoil food, leak, swell-up and go to pieces at the end of a year's service. Besides they are ideal breeding places for germs of filth and disease.

In buying a refrigerator, as in buying any other household appliance, there is but one sure method of getting genuine value for the money expended. That method is to insist on trade-marked, advertised goods. A national advertiser builds for the future. He puts all his capital, his business integrity and his energy into that one thing. He tells the people of the country

of his honest belief and conviction that his goods are superior and states his reasons why.

He would not, he could not, risk his all—money, name and time—on a proposition not worth his claims. He tries to make his trade-mark name a passport of merit for any goods which bear it.

Contrary to general belief, advertised articles are NOT higher priced. They generally cost less. Advertising attracts a big volume of business which means a lower manufacturing cost and a lower selling price with the same margin of profit.

Our trade name is "LEONARD CLEANABLE." It stands for the very best in refrigerator construction and we stand behind it forever. It is applied only to porcelain lined refrigerators.

In our long experience building refrigerators we have experimented with every material and substance which has ever been heard of in refrigerator manufacture. Many people ask us why we don't use this or that in the manufacture of our goods. The reply is usually that we have thoroughly tried out that particular suggestion and have found it wanting.

Someone asks, "Why don't you use charcoal for insulation." We tried it out twenty-five years ago and found it impossible to prevent a fine black dust from working off and getting into the provision chamber and food. Besides, in time, it settles down and leaves nothing to protect the ice. We gave it up long ago.

Another asks, "Why not use Mineral Wool?" We tried it but found that after a few years it had the same tendency to settle down and leave the ice unprotected. Ice costs money.

We used granulated cork for a short time but abandoned it on account of its musty odor.

There is nothing so good as the Polar Felt we use in Leonard Cleanable Refrigerators. This is a chemically treated guya fibre, each strand of which is hollow, confining air immovably. It is firmly sewed between two thicknesses of rosin sized building paper.

It is not necessary for the ice to run out for germs to flourish. Nothing less than a freezing temperature will suspend their deadly work; the lower the temperature the slower they multiply, and from this fact you can see how necessary it is to keep refrigerator doors closed and the ice chamber full. A freezing temperature is of course impracticable in a domestic refrigerator where the doors are frequently opened. The one best way, therefore, is to get a refrigerator which can be really cleaned.

The Leonard Cleanable is lined with real porcelain enamel

fused on sheet steel at a temperature of 2000 degrees. It is made in one piece porcelain linings without any crack or crevice where germs can hide. This one piece feature is all important. If a lining is put on in sheets or if it contains screw holes for shelf supports it furnishes a nesting place for grease and germs. Such construction is not sanitary and we have abandoned it entirely. Our patents cover the sanitary way.

"How about zinc lining?" It solders easily and if kept clean does fairly well. But there is this danger. If it is not kept clean a white powder forms on the surface through chemical action. This powder is oxide of zinc, a deadly poison.

If you paint white enamel over zinc it will gradually turn yellow and oxide of zinc, which seems to be continually oozing out of the metal, will cause the paint to scale off. Even if baked on by the manufacturer you face the same problem of scratches and germs. And you cannot give paint a hard surface by baking it or in any other way.

Opal glass has been used to some extent but it breaks so easily, comes loose from its cement and costs so much that it is not practical.

Tile linings have the same objections; besides, they craze and furnish many more crevices for germs.

What is the matter with "solid porcelain all in one piece?" Ask to see a sample of the material. They would not show it to you because if they did you would discover that it is nothing but porous red tile with a white glaze. Everyone familiar with pottery knows that such a combination is not durable, sure to craze and the glazing scale off after a while. Sewer pipe is not porcelain even if it does have a white glazing.

You can get a better article in a Leonard Cleanable for half the money. Another style of so-called "solid porcelain" is made of cement like a laundry tub, and painted white on the inside. It may be coated four coats and baked on but paint is not porcelain and will soon scratch. Insist on seeing a sample before you buy.

Another manufacturer uses paint on slate but it is subject to the same objections and cannot be in one piece. Then there is the round steel type of refrigerator, which for three reasons is not ideal. First, its appearance is against it. Second, it has not sufficient room inside; the corners are all gone. Third, steel is a good conductor of heat and cold—an undesirable feature in a refrigerator.

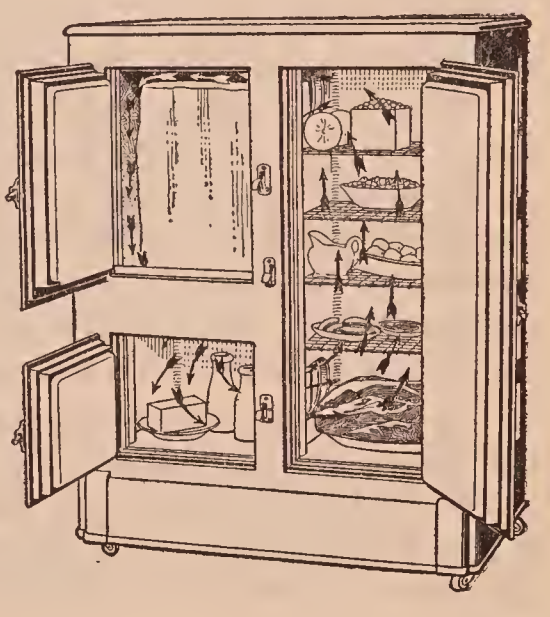
People ask us why we don't have ventilators to let in fresh

air on one side and let out foul air on the other. Some refrigerators are made that way to fool people. They melt the ice at a rapid rate and spoil the food.

You will notice that we have described a great many kinds of linings for refrigerators. This shows the difficulty of obtaining a good lining and it has so impressed one manufacturer, that he uses no lining at all. He simply puts a coat of shellac on the inside of the wooden walls of the provision chamber, or if preferred he will cover it with white paint and call it white enamel. A little thought as to the future of such a refrigerator will convince you that you ought to let it alone. A wooden lining is too soft and porous. It will soon get dented and scratched, and become soaked with things spilled in the refrigerator. This gets into the pores of the wood and you will soon have a sour and musty refrigerator.

AIR CIRCULATION

Our system consists of such an arrangement of air passages, flues and ice rack as to expose the largest possible cooling surface to the air in the ice chamber causing it to condense and settle down on provisions below, as cold air is heavier than warm air. The warmest air in the provision chamber is forced upward to the top, where it is drawn into the ice chamber by suction through the flues or openings made for that purpose to fill the vacuum left by the descending cold air.



This establishes a circulation of air which is kept up as long as there is ice in the box.

The object of this circulation is not only to cool the air, but also to dry it.

It is necessary for the preservation of food to have the right kind of air circulation in your refrigerator. This constant movement of air carries off impurities, odors and dampness. It equalizes the temperature and makes the interior of a refrigerator a living—rather than a dead—thing.

In the Leonard Cleanable the cold air current is carried clear to the top of the provision chamber regardless of the level of the ice.

The air in the Leonard Cleanable is purified every time it reaches the ice in its circulation. The impurities are condensed from the air onto the ice and run off through the waste pipe. It acts on the same principle by which drops of water collect and run off the outside of an ice pitcher.

This process also dries the air by condensing the moisture out of it, and sends it down to the food, pure, dry and cold. Damp air causes mold. That is the reason ice chests won't preserve food.

We mentioned the fact that the Leonard Cleanable Refrigerators usually lasts for twenty-five years—that they are more durable than other makes. The reason for this is the patented construction of the inside box.

Most refrigerators come to grief through water soaking. They swell out of shape, the joints come apart and their life ends. The water comes from the melting ice. All refrigerators are liable to leak sometime or other, and if there is no way provided to catch the water and turn it back into the waste pipe it will be quickly ruined.

The Leonard Cleanable Refrigerators are so constructed as to obviate this danger. This construction is patented and can only be used by us. You could make a hundred holes in the bottom of the ice chamber and the water would still run out through the waste pipe.

We use many other valuable patents in our business such as the air-tight lock, the all metal ice rack, the removable flues, for cleanliness, the shelf supports, fastened from the outside.

But the main thing is experience. In our forty years of manufacturing we have outgrown five factories, manufacturer over 1,000,000 refrigerators and gained the knowledge necessary to make a good article. You buy no experiment when you purchase a Leonard Cleanable.

Those two words are our Trade Mark. We have recently registered it under the new law, and you should look for this Trade Mark on the front of the box. If you don't find it, don't buy the refrigerator.

OPERATING A REFRIGERATOR

A refrigerator is a machine. But do not think it will run itself, for it will not. You must understand and care for it as you would any other machine. A refrigerator preserves food by retarding decay. In a high temperature fermentation and mould work rapidly especially if moisture is present. A refrigerator circulates cold air around the food and this delays fermentation. It also dries the air by circulating it against the ice. The moisture in the air is condensed and precipitated onto the ice, the same as you see it on the outside of a pitcher of ice water on a warm day.

Your success in operating your refrigerator will depend upon how low a temperature you can produce by keeping the ice box full and how much moisture you can keep out of the box by keeping the doors shut. It is all a matter of degree. If you could freeze the food solid and keep moisture entirely away from it you could keep it forever, but if you use but little ice and leave the doors open frequently, your food will soon spoil, even in a refrigerator.

Fortunately the proper use of a refrigerator economizes in ice as well as food more than the careless use of it. Ice will not melt so fast in a temperature of 45 degrees as it will in a temperature of 55 degrees, and the only way to get 45 degrees is to keep the ice box full. Again, ice will not melt so fast if you keep the doors closed tightly as when they are left slightly open half the time. Thus you see economy of ice as well as the preservation of your food requires that you understand and operate the refrigerator in a proper manner.

When the refrigerator is first started there are some things which require attention at that time.

First—Do not place it on a rear porch where the wind and weather can get at it. It is made of hardwood, and while it is waterproof on the inside it is not on the outside.

You know what would happen to your piano if you should put it out there, and we can assure you that your refrigerator would go to pieces in the same way. The proper place to locate it, if a special room is not available is in the kitchen or pantry, where it will be handy. We are not so much afraid of the kitchen range as we are of the sun and wind. Some people think that the cellar is the proper place for the refrigerator, because it is cool. This is a great mistake, because the air is damp, and you cannot preserve the food in a damp atmosphere. Besides, the refrigerator is apt to swell out of shape in the cellar, just as your piano would.

Second—Having selected a good location see that the refrigerator sets level as we depend upon this to have the water run off through the waste pipe.

When we pack the refrigerator for shipment we tie the ice rack in place with wires around blocks of wood in the provision chamber. The waste pipe is also held in place during shipment by a wire bent like the letter N engaging the top of the long waste pipe with the bottom of the short one. These wires and blocks should be removed by the deliveryman, but if he fails to do it, untwist them yourself and pull them out, or water will follow the wires down into the provision chamber, and you would think the refrigerator leaked when it did not. At this time it would be well to see if the ice rack is properly placed by feeling around the central opening from below. Make sure the ice rack does not touch the edge of the opening. If it does, shift it a little to one side so that the water cannot follow from the ice rack to the provision chamber.

Third—See that the waste pipe is in place. This leads from the ice chamber to the bottom of the provision chamber and is removable so that it can be taken out to clean. To remove it, lift it up a little so that the bottom end will be free, move this to one side or forward and top end will slip down off short pipe above and come right out.

Waste pipes and traps frequently fill up with slime from the ice and lead you to think that the refrigerator is leaking. To prevent this the waste pipe and trap should be frequently removed and cleaned out by pouring hot water through them.

The water from the melting ice must either be caught in a pan placed under the refrigerator or carried off by a drain pipe. If you use a pan be sure it is large enough to hold the drippings for 24 hours and then have a regular time in the morning to empty it. The largest dishpan you can get under the box is the right size to use. Bend the handles down so they will not be in the way.

This water will be found comparatively pure and can be used wherever soft water is wanted, as most of the impurities lodge on the inside of the waste pipe. We find it best to get it out of the refrigerator as soon as possible, because it is warmer than the ice and if retained inside the refrigerator it tends to raise the temperature. Besides it causes dampness and mold upon the food. If you wish to connect the waste pipe with the sewer, do not make a direct connection, but let the water drop from the pipe into a funnel or a small basin. This basin should have a

spout in the bottom to empty into the pipe connecting with the sewer. This will avoid all sewer microbes and be easier to clean.

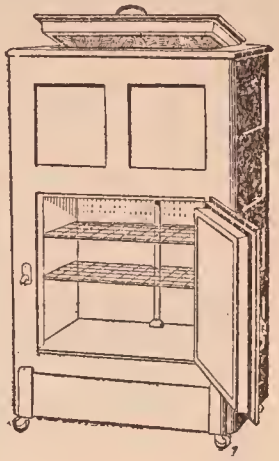
Fourth—In all of our refrigerators where the ice compartment extends over the entire provision chamber we have to have flues for the warm air in the provision chamber to rise into the ice chamber. Here it is cooled again and goes down through the central opening to preserve the food. These flues are removable so that they may be cleaned. Just lift them straight up, take them out of the ice box and you can wipe in behind them with a cloth and also clean the pieces taken out. When replacing them remember they are rights and lefts on account of the incline in the bottom of the box and do not get them in wrong. Take these flues out, and also the ice rack and shelves, every time you clean your refrigerator, which should be at least once a fortnight.

We once had a refrigerator returned to us on account of the "horrible smell," and it was horrible, for underneath the ice rack were decayed melon rinds, rancid butter, limburger cheese, rotten sawdust and samples of everything which the careless housekeeper had thrown on the ice and neglected to clean out. We do not believe you will have any such trouble. Cleanliness is next to godliness, especially in running a refrigerator. Hot water with a little sal soda is as good as anything to clean a refrigerator. Don't neglect to wipe it dry.

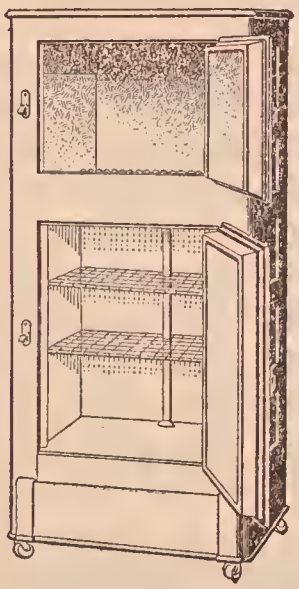
If the ice gives out open the doors and lid or everything will mold, as there is no ice to dry the air. Any refrigerator can be ruined by neglecting this, especially at the end of the season. What would you naturally expect from a wet refrigerator which has been shut up tight for six months? Surely nothing but a musty refrigerator for your future use.

ARRANGEMENT OF FOOD IN LID AND OVERHEAD ICING REFRIGERATORS

How you place your food in the refrigerator, will make quite a difference with your success in operating it. Vegetables, such as lettuce, cucumbers, radishes, celery, etc., may be kept directly on the ice, as the air is purified when it goes under the ice rack and will not carry smells to the food below. You should not put butter, milk or even drinking water, unless bottled, in the ice chamber, as odors are constantly arising from the food below and will be absorbed by the food or water before they can be condensed on the ice. The place in the refrigerator which is most free from odors is just under the large opening through which the cold air descends from the ice chamber. This is the proper place to keep butter, and milk in open pans. Milk in bottles, with the covers on, should be placed in the bottom of the provision chamber, as it is the coldest place in the refrigerator, and the milk will keep sweet longer there. Bottled water and other bottled beverages should be kept on the ice. Oysters, in bulk, should be placed in a fruit jar and the cover screwed down as soon as they arrive. Lay the jar down in a basin, or pail, in water enough to cover it and put a piece or two of ice in the water. Place anywhere in the refrigerator. This will soon reduce the temperature of the oysters to 32 degrees and keep them fresh. If the oysters are in a can, it should be put under a piece of ice in the ice chamber, or under the ice water as above. It will not do to simply lay the can on top of the ice, as the cold air will not rise and the oysters in the upper part of the can might spoil.



The Illustration Shows the "Lift Lid" Type of Refrigerator.



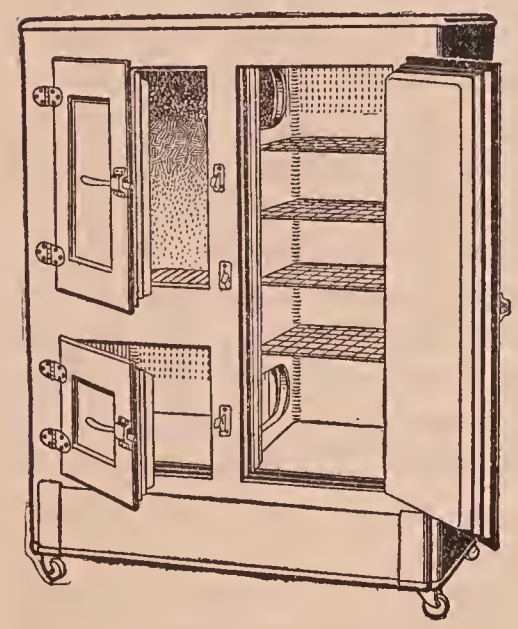
Overhead Icing Type of Refrigerator

Fish is another peculiar thing to care for. If the skin is not broken much, just the insides taken out, they can be packed in pounded ice and kept in the ice chamber. A better way is to clean them thoroughly, ready to cook; wipe them dry, wrap in a

clean cloth, and put in the bottom of the provision chamber. Don't leave them in water or on ice to soak away the flavor. Steaks, chops or other fresh meats should also be kept on or near the bottom of the provision chamber. Strictly fresh meat, for instance a chicken which has just been killed, will be much more tender if kept three or four days in the refrigerator. Cold storage meat is different. If it is about ready to spoil, which you can tell by its smell and softness, you had better cook it first and save it afterwards.

One of the most important uses of a refrigerator is to save the "left overs" from one meal to another. A little care in this direction will make the refrigerator pay for itself many times over, besides giving you the pleasure of sweet healthful food.

PLACING FOOD IN SIDE ICING REFRIGERATORS



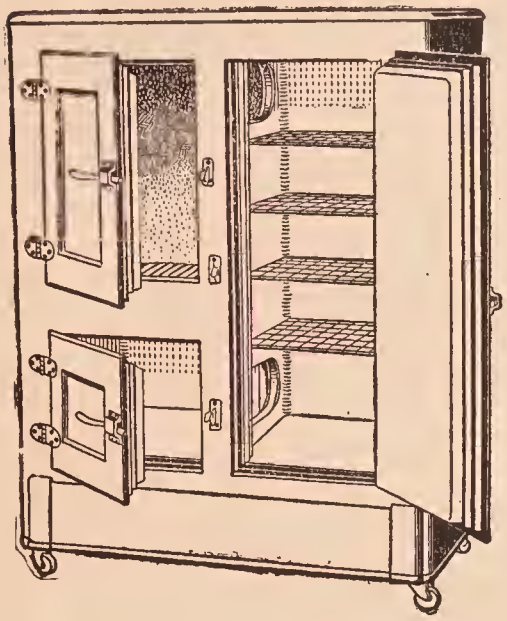
Side Icing Type of Refrigerator.

The foregoing instructions apply as we have stated in this previous section to that style of refrigerator where the ice chamber extends over the entire provision chamber. We also make another style which we call the side icing refrigerator. It is very popular on account of the extra room it affords for provisions. In this style the cold air descends from the ice chamber as before and draws the air from the top of the provision chamber over the dividing wall, which is made tight and high for this purpose. This establishes a circulation of air throughout the refrigerator and the extra space gives opportunity for a slightly different arrangement of the provisions.

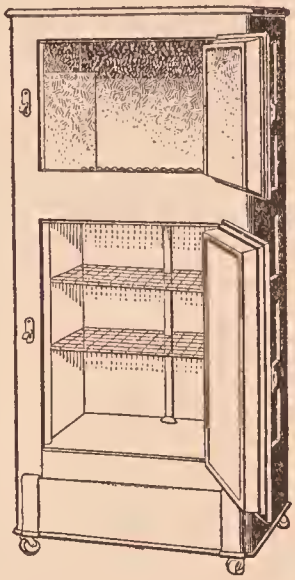
In this style we recommend that you keep vegetables such as celery, lettuce, radishes, etc., off the ice and put them on the top shelf of the provision chamber. They are not so apt to get bruised and it is easier to keep the ice chamber clean. The second shelf from the top is a good place for fruit, eggs, left-overs from the table, etc. For the other shelves and for the bottom of the refrigerator, the instructions previously given as to the arrangement of food and care of the refrigerator should be followed. In

this style there are no flues to be removed when cleaning. Extra care should be taken to keep the ice door closed because cold air will run out almost as quickly as water. Particular attention should be paid to the trap. This is located on the floor of the provision chamber, not underneath the refrigerator. Once each fortnight be sure you clean it out or it may stop up with dirt and slime from the ice. This, of course, would flood the bottom of the provision chamber with water from the melting ice, and you might think the refrigerator leaked when it did not.

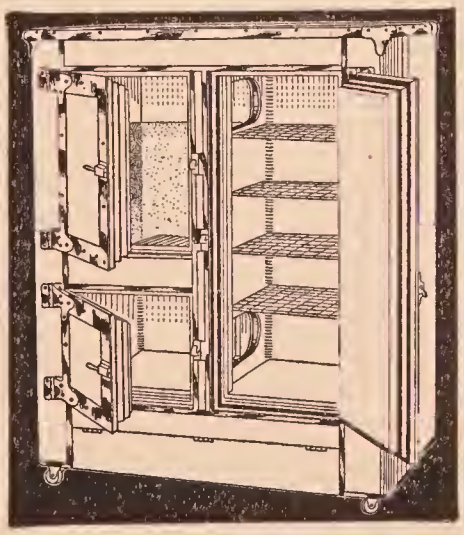
MODERN REFRIGERATOR TYPES



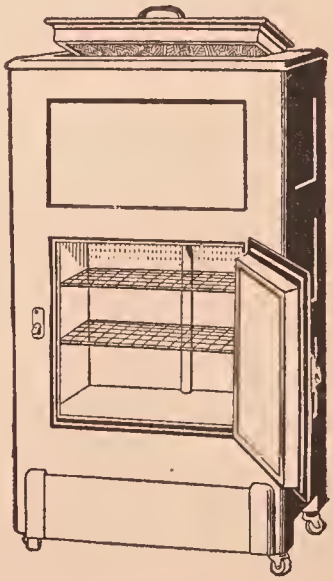
The Three Door, Side Icer, One-Piece Porcelain Lined Leonard Cleanable.



The Overhead Icing or Apartment House Style.



The All Porcelain, Three Door, Side Icing. A Wonderful Refrigerator.



The Lift Lid Apartment House Style.

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